

Fixel 2







MISSGUIDED babe power

eau de parfum pour babe



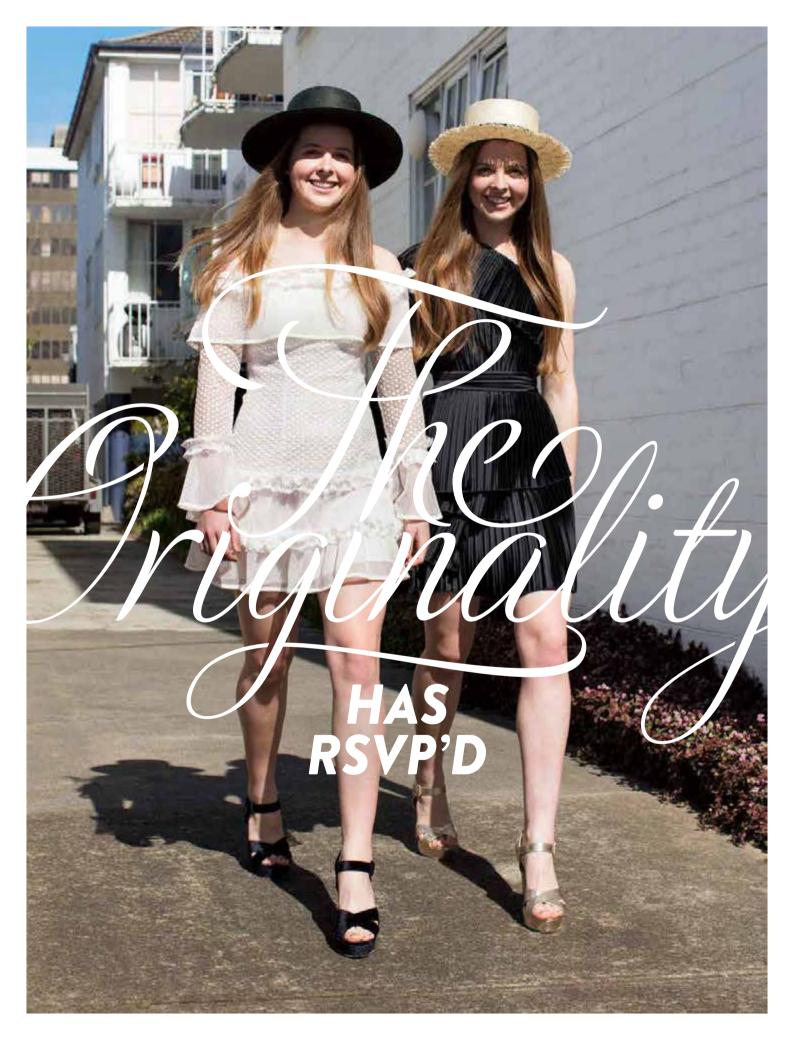
















NOVEMBER 4 NOVEMBER 11

The wow-factor, fashion, fun and flirting have RSVP'D too. The only thing missing is you.

















BY MICHAEL HILL

Like a bright star blazing in the sky, our sparkle setting allows these diamonds to continuously catch the light and shine brilliantly. Master the art of layering by embracing necklaces in a mix of sizes and diverse designs. Go brilliant with one from \$449*, and even more terrific with two!

*Only available at this price until 26th November 2017.





THIS MONTH

13 From the editor

160 Horoscopes

162 Cosmo quiz

THE BUZZ

- 16 Insta trend: market bags
- 18 Cosmo Curve model search
- 20 Need to know
- 22 Cosmo quy
- 23 Fierce or fail
- 24 Marky ponders
- 25 See, watch, do

STYLE

- 31 Summer slips
- 34 Easy on the eye
- 38 Summer shoe frenzy
- 42 How to wear denim shorts
- 44 I feel it coming
- 96 Pool party in West Hollywood

BEAUTY

- 53 Oh, sheet!
- 57 My straightener can do that?!
- 58 How very handy
- 60 Beauty sticky beak: Pia Mia
- **62** Shimmer into summer
- 64 How to nail the party plait
- 68 Beauty Q&A

WORK

- 71 3:43 That's the time you stop getting paid and your male colleague continues to
- 78 How I became my own boss

FEATURES

86 Why being imperfect is the new perfect

88 Tipsy business

90 Are we losing our religion?

BODY

SEX &

- 107 Get fit with Ashy
- 123 What he really thinks about your cellulite

RELATIONSHIPS

128 Appily ever after

132 Ask him anything

134 The 26-year-old

really like

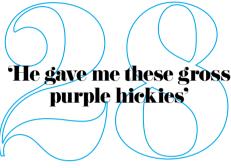
virgin: what it's

LIFE

139 Get yo' gift on

TRAVEL

149 Top 10 beaches you need on your Insta







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but first...





BODY LOVE Cosmo readers take it all off in the name of normalising everything!

welcome

It's our mission as team Cosmo to move, entertain and inspire our readers to be the very best version of themselves whatever that may look like. This month, our readers take the stage to share their truest feelings about their bodies, raw and unedited. Don't love seeing your thighs in shorts? Adore your boobs? Feel most comfortable nude? You're not alone. It's important to be reminded that the thoughts you have about your body are exactly how others feel too! It doesn't matter if you're an influencer with a million fans, a celeb with millions in the bank or a Cosmo-'til-I-die fan (of course you are) - at the end of the day we're all women. And we all feel. More than 500 girls, just like you, responded

to our body questionnaire. See what they had to say on p112.

Speaking of being body proud, this month - with the help of our stunning cover star Robyn Lawley - Cosmo is embarking on a nationwide search for the face of Cosmo Curve, thanks to our partners on p18. It's about more than just a beautiful face and body. It's a movement.

One last important thing. The gender pay gap is at 16 per cent, which means for every \$100 he earns, you earn \$84. Contiki wants to help bridge the gap by offering you 16 per cent off your next trip. Go on, have the time of your life!



@natalieshaw xo



@basebodybabes



@makeupby.georgiaf



We want all women, of any size, who are proud of their curves, to come along and share their

story. We're looking for a representation of the modern millennial woman - confident and fearless. The ultimate Cosmo girl. I hope you join the movement by showing up at one of

our audition locations

across the nation.

ready to strut your

stuff. Stay posted!

Cosmopolitan.

com.au/curve

Model Robyn Lawley flaunted her curves and showed us what body confidence is all about on her Cosmopolitan cover shoot.



Love to hear your thoughts. Get me on Instagram @keshnee

Keshnee xx



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WHAT'S YOUR
YOUR
III

It's rediscovering the 'me' in awesome.

<u>aserclinics</u>

SKIN LASER INJECTABLES



COSMOPOLITAN • DECEMBER 2017 15





ARE YOU THE NEXT MODEL TO HAVE A SCORCHING CAREER LIKE OUR COVER STAR, ROBYN?

Cosmopolitan is launching Cosmo Curve, a competition to find the next face of Bella Management, the agency that represents none other than internationally famous model - and our cover star - Robyn Lawley.

During March, a panel of judges, including Cosmopolitan editor Keshnee Kemp, will hold an open casting at Myer stores in five capital cities - Sydney, Perth, Melbourne, Adelaide and Brisbane - to meet and interview women who are super confident in their gorgeous curves. More than just a pretty face, we're looking for the ultimate Cosmo girl, who is unashamedly bold and body proud.

A finalist will be chosen from each state and, combined with reader votes, a winner will then be selected to receive a three-year contract with Sydney-based Bella Management. The winner will also star in a Cosmopolitan fashion shoot.

SPECIAL THANKS TO:











COVER STAR QUICKIE

Robyn Lawley

Nickname/s: RODS

I feel sexiest in

- a) An LBD if Im with
- b) A bikini my man!
- d) Jeans and a tee
- e) Other



I cook/bake an amazing... Chocolate-chip cookies are my specialty

My fave song to spin on the decks is...

I love an old solid beat from a classic band like Radiohead



The biggest misconception about models is...

That we lack depth or that it's easy It's a job. and like all jobs. you have to put the effort in

My go-to workout is

- a) Boxing
- b) Running
- c) Spin
- d) Weights





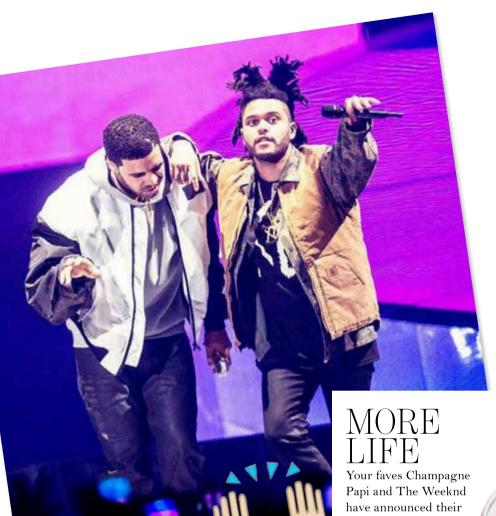
lift my daughter

The best body confidence advice I got was from...

My manager. Chelsea

Who told me...

'Don't change a thing! when I first signed with her It was such a relief



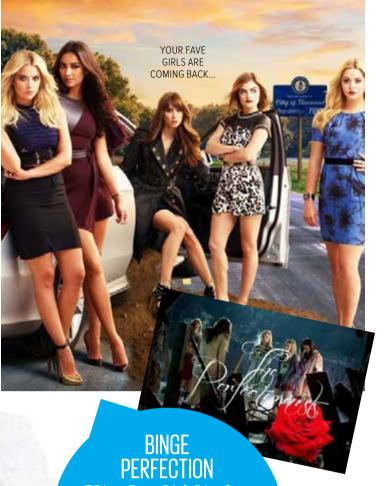
The Google Pixel 2 is here, and it's got the highest-rated smartphone camera in the WORLD. It's also got unlimited storage for your millions of snaps and videos. Don't even get us started on the built-in Google Assistant who literally responds to all your needs. OK Google, we're in love. Store.google.com.



national tours! Drake's Boy Meets World Tour kicks off in Sydney on November 7, and you can catch the Starboy himself from December 2. See ya in the moshpit.

OUR STARBOUS

What to store in the brainbank for dinner party convo



WORTHY CAUSE

December 1 is World AIDS Day, an important day aimed at raising awareness about HIV/AIDS. Show your support by making donations or volunteering at Redribbonappeal.org.au.

PSA to Pretty Little Liars fans: there's a spin-off on the horizon! Based on the book by the same author, Sara Shepard, The Perfectionists is the binge-fest we've been waiting for and it's bringing PLL faves Sasha Pieterse and Janel Parrish with it.

SUMMER LOVIN

Sydneysiders who want to unwind and relax have a new haven: Sir Allen Taylor & Co. It's got everything you need – café dining by day and boutique cocktails by night. Sirallentaylor. com.



The internet has gone into a frenzy with reports that Kylie, Khloé and even a surrogate for Kim are all pregnant at once!? Sceptics aren't buying it, pointing out the major press this was getting for the 10th season of KUWTK, but none of the fam denied the rumours and Kylie even taunted fans with an Insta pic of her clutching her stomach. #KANTKEEPUP

Khloe Kardashlan

posted 'Mom and Dad'

photo in June: Read



Kardashians producer

RUMOUR AFTER

RUMOUR. THE KARDASHIAN BABY

NEWS HASN'T

STOPPED!

publicly confirms

Khloe's pregnancy. You'll be a great mum'

DRIVE FREE Women's lib has come a long way over the years, but only now has Saudi Arabia's King Salman issued a decree allowing women to drive for the first time. It's a step in the right direction, but a reminder that we've still got a way to go.



THINK KINK



THE PROMISE RING IS

OFF AND FANTASY

HOOK-UPS ARE ON!

FIERCE FAIL



COMPILED BY JOSHUA JOYNES. GETTY IMAGES; SPLASH NEWS; WEB

MARKY

Australia... where no good weed goes unpunished. Is it finally time to change the law to allow access to all?

Emma Markezic says yes

THING THAT PIOUED MY INTEREST THIS MONTH

I just spent a big ol' chunk of time in the US of A. And as often happens when you're a tourist in a strange land, those Americans had questions. Only these days it's gone from 'Do you guys really ride kangaroos to school?' to 'Are you guys really not allowed to smoke weed?' Yep, it's a thing. And when we're less progressive on the matter than a country that still enforces the death penalty, I think we may have a problem. Just sayin'!

BUT WE'RE MAKING

Sort of. Only last year our government, in its eternal wisdom, made it legal for those with chronic medical conditions to use marijuana at all. Back in February, the

federal government announced it was going to loosen laws surrounding the supply of medicinal marijuana so patients would have quicker access to it - basically, making it legal to grow it in our own backyard instead of importing it from overseas. Even then, most people take it as oil – cancer patients aren't smoking joints on the hotel balcony. But it's a start. Of course, what you really want to know is: When can we smoke it for fun?!

THE SHORT ANSWER IS...

The current prediction is that we'll have recreational cannabis within five years. But we'll have to jump through a lot of hoops to get there. In the US, it's legal in Alaska, California, Colorado, Oregon, Maine, Massachusetts, Nevada and Washington - representing

THE LEAFY PLANT HAS BECOME A SYMBOL OF A CHILLAXED LIFE.

around a quarter of the entire US population. Over there, these issues are voted for and changed on a state level. The problem we have Down Under is that these sort of things are largely a national decision. And anything that has to go through the federal system inevitably takes longer and is much harder to green light. Aussie states and territories could go it on their own but the laws would be limited to how you are sentenced for getting caught with the stuff. Even then, there are a bunch of federal laws - like driving under the influence of drugs - that would remain in force.

IF YOU WEED BETWEEN THE LINES...

This means decriminalising marijuana isn't going to be a simple matter. We won't just tick a box on a ballot and get lit that afternoon. Even once the issue gets some air time in Parliament House, there will be a bunch of other regulations to also be considered under the umbrella law, covering things like transport, storage, tax, advertising... the list goes on. The best way to expedite the process? Use the bureaucracy that's getting in the way. Look into the work of the Help End Marijuana Prohibition Party or become a member of the Australian Drug Law Reform Foundation. The best way to hash brownies is getting your voice heard. Play your cards right and you'll be vaping at your gay best friend's wedding in no time. Democracy: it's also a thing. Not even the haters can disagree with that.

PHOTOGRAPHY BY PAUL SUESSE/BAUER, STYLING BY CHARLOTTA BACKLUND. HAIR & MAKEUP BY GEORGIA HULL/RELOAD AGENCY. MARKY WEARS DRESS BY MISSGUIDED; CHOKER BY AMBER SCEATS. GETTY IMAGES

PROGRESS, RIGHT?



TO-DO LIST

FEELING A LITTLE SCREEN-TIRED? TAKE YOUR EYEBALLS TO THESE AWESOME OUTDOOR EVENTS



COMEBACK OF THE MONTH

KHLOÉ

Revenge Body with Khloé Kardashian season two returns this December. and even features a quest appearance by big sis Kim K! The season promises to get really emotional. We can't wait to watch!

FALLS FESTIVAL

The 25th annual music and arts festival is back! With a line-up that won't quit (Flume! Peking Duck!), you'll want to get your tickets asap. Fallsfestival.com/byron-bay.

The Rock is there too.



WORDS BY JOSHUA JOYNES. GETTY IMAGES; SONY PICTURES

LA LA LAND IN CONCERT

The Philharmonia Australia Orchestra will perform the La La Land soundtrack live in St Kilda on December 16. Livenation.com.au/artists/ la-la-land-in-concert.



Jenny Zhang's Sour Heart (\$24.99, Bloomsbury) examines the many ways that family and history can weigh us down, but also lift us up. Binge-read worthy!



POPCORN

MOVIE TO WATCH

STAR WARS: THE LAST JEDI

Out December 14. Daisy Ridley is set to return to the kickass franchise we waited all year to see. It's the second instalment in the flashy newage Star Wars series, and we couldn't be more ready. The movie is set to answer all those pending questions, like is Han Solo actually dead? And is Rey a Skywalker?!

in the world of entertainment. to make you look

confessions



COSMO READERS REVEAL THEIR MOST EMBARRASSING, RIDICULOUS, WHAT-WAS-I-THINKING MOMENTS

'The morning after a night of clubbing, my boyfriend was dropping me off at home. But then he remembered he had an appointment at his car dealership, and he was late. He turned around and sped there. I had makeup smeared all over my face and was still in my clothes from the night before - a mini-dress and heels. He told me to take off my heels so it would look less like a walk of shame. I put my shoes in a plastic bag and sat in the lobby barefoot. The manager came over and said, "Looks like you two had a late night." Then he said to my BF, "Where did you pick up this gem?" I was so embarrassed.' - PAIGE, 20

2 'A new guy I met took me back to his beautiful luxury apartment. I totally fell for it, and he charmed the pants right off me. He pushed me up against the wall, then spun me around onto his bed. My head missed the pillow and landed with a thud on the air conditioner on the wall. I got a throbbing headache that was so bad I went to the emergency room. Turns out I gave myself a concussion.' - GABRIELLE, 30

3 'I was at Bunnings one day with my new boyfriend buying wood panels. I asked one of the employees who was cutting the wood what the total cost would be, and he said, "For you guys, free... since you're having a baby." So I guess I looked like I was pregnant? Diet was not going well, apparently.' - MEGAN, 21

EARLY IN MY MARRIAGE, I BEGAN **EXPERIMENTING WITH** TOYS WITH MY HUSBAND. I BOUGHT SOME BEN WA BALLS AND INSERTED THEM. I CAN'T REMEMBER WHO **UNEXPECTEDLY SHOWED UP** AT OUR DOOR THAT NIGHT. **BUTIDO REMEMBER HOW** ONE OF THOSE BALLS **ROLLED OUT ONTO THE** CARPET FROM THE LEG OF MY SHORTS.' - JULIE, 30



'Back at uni, I spent the night at my thenboyfriend's place. As things got hot and heavy, his mum walked in and started collecting his dirty clothes for laundry. I don't know who was more shocked when she realised what we were doing - I was completely naked, sitting on top of her son. But she just continued to get the clothes. Determined woman.' - BIANCA, 25



'I was helping my mum set up her iPhone and she didn't have an iTunes account so I told her she could use mine. I totally forgot about it and a few weeks later this guy was sending me some kinky messages but I couldn't reply because I was at work. All of a sudden there were messages popping up from my name saying "Who is this? I think you have the wrong number." I realised it was my mum! She was getting the messages too!' - KERYN, 25



I WAS KISSING A GUY IN THE BACKSEAT OF HIS CAR WHEN I LET OUT A HUGE, UNCONTROLLABLE GARLIC-BREATH BURP IN HIS FACE. I JUST COULDN'T HOLD M! BUT I WENT BACK 10 KISSING HM. - MIRTLE, 26



'I have a blog, and when I shoot my content, I take pics of more than one look at a time, which sometimes means changing in the car. One time, after making sure no one was around, I began to take off all my clothes. Turns out, there were men on the roof of a building nearby doing construction. They caught the whole show. I had nowhere to hide!' - NATALIA, 27

Turns out a lobster dinner isn't always as romantic as it may seem...

'I met a guy and went to his house to Netflix and chill. He said, "We should try something different," so I agreed. Then he poured candle wax on me, saying, "It's kind of like lube." It's not, though. I left and never talked to him again. So odd!' – MADDIE, 21

JUST CLUELESS

UM, NO

BILL, PLEÁSE!

SO OFFENSIVE

EPIC FAIL

'My date shamed me for ordering a sweet cocktail because he was drinking straight tequila. Then he asked if I wanted to get food, so we went outside and he tried to kiss me. I pulled away and told him we weren't there yet. He asked if I still wanted to get food, and for some reason, I said yes. All of a sudden, he blurted, "Oh, I got a text. I have to go." The guy didn't have his phone on him.' - SARAH, 29

'This guy asked me to go hiking, followed by dinner. We went to a local trail, and on our way down, I chose a steep shortcut. He was nervous, but I insisted since it would be faster. I tripped and rolled down the side of the mountain! I hit bushes and rocks the whole way, finally landing in a big bush. He was staring down at me with his hands over his mouth. "Are you OK?!" he yelled. I looked at my bleeding knees and yelled back that I was good. I sat there bleeding as he made his slow way down. He had to carry me to the restaurant, where he asked the waiter for

'This dude picked me up on his moped and took me back to his place. His idea of a romantic date was to watch a documentary about marijuana, then tell me how he's on probation for smoking weed. I made out with him later, and he gave me these gross purple hickies. What a weirdo.' – ARI, 20



'I went to dinner with a man I had just met. All during the meal, he talked about how much money he makes, how wealthy his family is, and how he's apparently "so good with girls". He ordered the cheapest glass of wine for me and got himself one of the most expensive cocktails. He then ordered steak and lobster for himself and a side salad for me. So rude.' — LAUREN, 21

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MISSGUIDED, \$54.95 (missguidedau.com)

INSIGHT AT GENERAL PANTS CO., \$69.95 (generalpants.com.au)



STYLIST'S TIP: 'Add a tee and sneakers to short slips for street vibes, and pair a long slip with heels — sexy!' — CASSIE, MARKET EDITOR

LULU & ROSE AT THE ICONIC. \$79.95 (theiconic.com.au)

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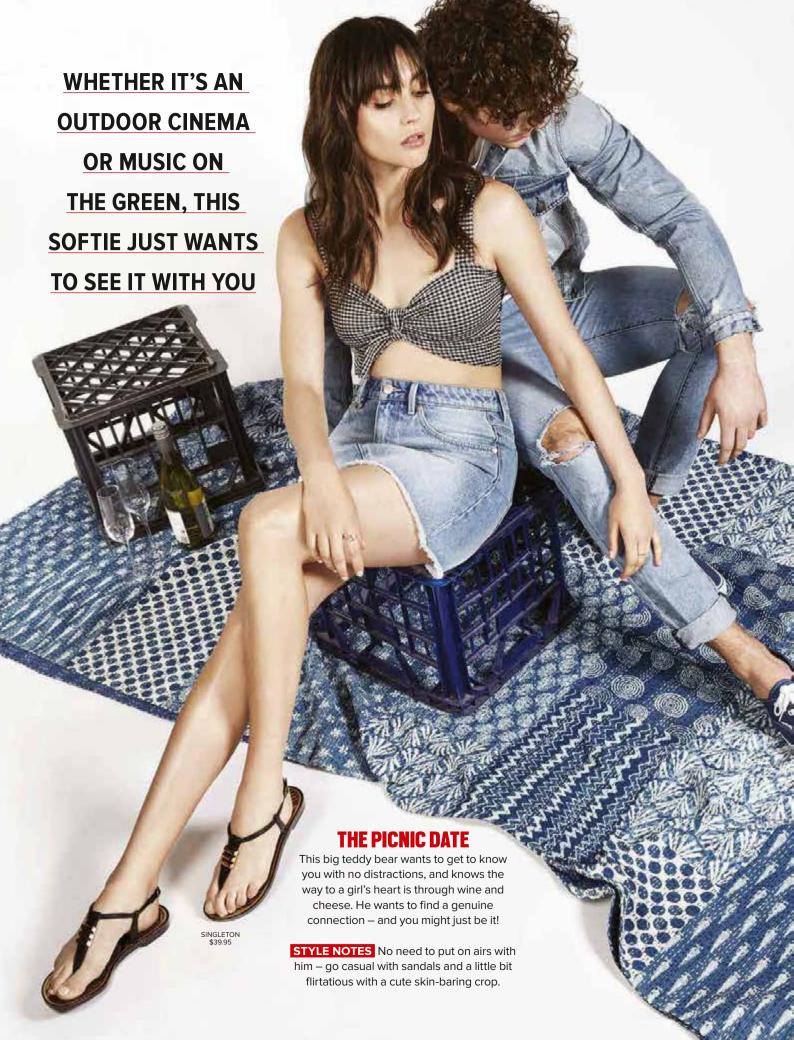
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A LITTLE D-FLOOR

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OF THE PACKAGE

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LOVING BACHELOR

THE GLAM DATE

Fancy pants has pulled out all the stops to impress you! He's after someone to spoil rotten and live his best life with. Guaranteed you won't be bored with this guy around.

STYLE NOTES Go on, be a little bit extra. Double up on metallics by pairing shiny stilettos with a statement skirt, and top it off with lippie and a sexy choker.

GO TO THE HOTTEST PARTY OF THE YEAR

CHECK OUT THE NEXT ISSUE OF COSMOPOLITAN TO MEET YOUR TOP 30 BACHELORS AND ENTER FOR YOUR CHANCE TO WIN TICKETS TO THE WINNER REVEAL PARTY.

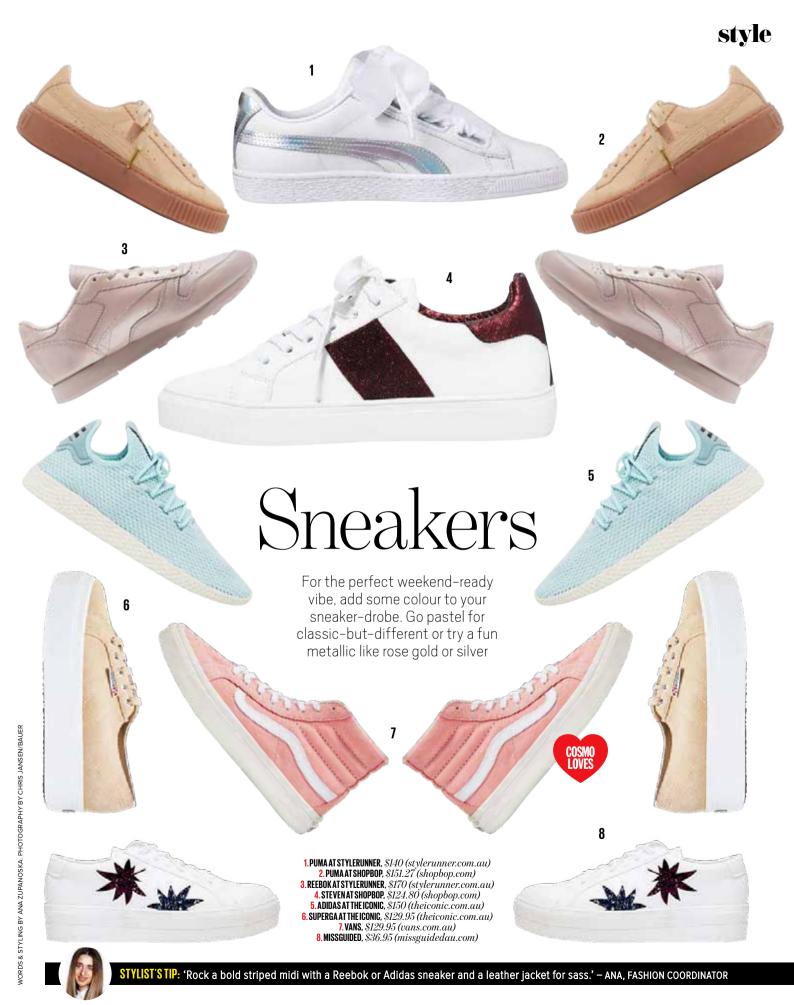
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How to wear **DENIM SHORTS** your WAY

Time to get your legs out! Update your denim shorts with these new styles that match back to the season's key trends



COLOUR MATCH

Look for small details in your shorts, such as the metal of the button, and match to your jewellery and any other accessories.

GET WAISTED

If you are going to wear a midi top, ensure your shorts are high-waisted - it's flattering and gives you iust the right amount of sex appeal.

BELT IT

Make the street trend a little more luxe by adding a gold buckled belt. Splurge on a designer belt to make the trend even cooler.

THINK ABOUT RATIOS

If you have really long legs, go for a long, high-waisted pair of shorts to balance out your height and give you good coverage. The reverse is true for petite girls keep it short.

WRAP IT UP

Choose strappy sandals or heels for the full summer vibe. If you need more coverage, opt for an espadrille rather than a sneaker.

style



Look for cut-offs that are cut on an angle, so you get enough coverage in the crotch area.

 $\textit{EMILY WEARS VEST: } Jasmine\ Alexa,\ \249.99 (jasminealexa.com). SHIRT: Trenery, \$149 (trenery.com.au). SHORTS: Ksubi, \$159.95 (ksubi.com). SHOES: Alias Mae, \$199.95 (aliasmae.com.au). SCARF: Frankie Peach, \$75 (frankiepeach.com). BAG: Ametrine, \$249 (ametrine.com.au).









Use your wardrobe to guide your style choose floral embroidery for boho items.





JESS WEARS TOP: We Are Kindred, \$199 (wearekindred. com.au). SHORTS: Cotton On, \$34.95 (cottonon.com). SHOES: Nine West, \$139.95 (ninewest.com.au). BAG: Sussan, \$69.95 (sussan.com.au).



Make sure your longer Bermudas are highwaisted so you don't look too top heavy.

 $\begin{tabular}{ll} \textbf{VICTORIA WEARS TOP:} Seed Heritage, \$79.95; \textbf{SHOES:} \\ \end{tabular}$ \$79.95 (seedheritage.com). SHORTS: Jeanswest, \$49.99 (jeanswest.com.au). BELT: \$19.95, Sportsgirl (sportsgirl.com.au). EARRINGS: Of Dreamers and Dancers, \$90 (ofdreamersanddancers.com.au). SCARF: Poppy Lissiman, \$30 (poppylissiman.com).



















STYLING BY DENIS TODOROVIC. PHOTOGRAPHY BY BEN HANSEN/BAJER. STILL-LIFE PHOTOGRAPHY BY ROB SHAW/BAJER. HAIR & MAKEUP BY GEORGIA HULL/RELOAD AGENCY. MODEL. ZEKE/CHADWICK MODELS

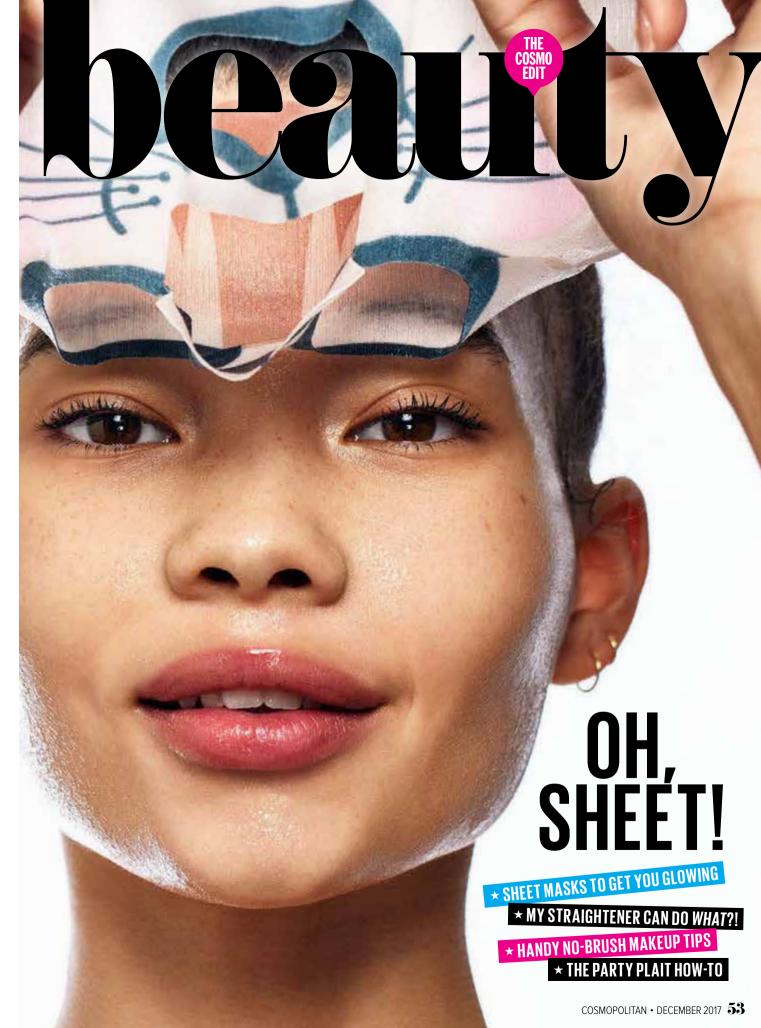


DVOORE Weredith founding editor-in which

A combination of powerful New Zealand bioactive ingredients deliver superior natural hydration and protection. That's why Brooke wears SKIN by ecostore and nothing else.

Dermatologically tested.

SKIN[™] by **eco**store



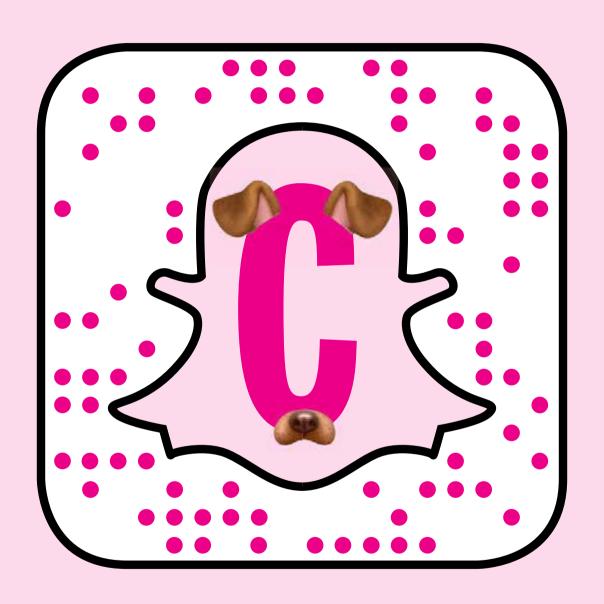
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MY STRAIGHTENER CAN DO THAT?! YOUR

ROSIE HUNTINGTON-WHITELEY

HAIR 4 WAYS

The humble straightener is capable of way more than just straighty-180!



GLAM CURLS

Clamp straightener on a 5cm section of hair, turn it 360 degrees away from your face, then drag it out to form a spiral. MUK Haircare Style Stick, \$99.95,

has a temperature gauge you can adjust.

FLAWLESS FINISHER

Mist on hair spray (like Schwarzkopf Extra Care Hair Styling Push Up Volume Hairspray, \$6.99), and brush curls.

If you struggle to curl with a straightener, try this! Just slip hair in, flip over the handle and pull.

REMINGTON PROluxe Twist to Curl, \$99.95





(IM KARDASHIAN-WEST

COOL-GIRL WAVES

RITA ORA

WORDS BY MADDIE ABERMAN. ADDITIONAL REF

Start at your roots and move the straightener down, flicking your wrist back and forth, making a half-turn every few centimetres. Try ghd V Gold Mini Styler, \$270 - it's small and easy to twist.

FLAWLESS FINISHER

TRESemmé Perfectly (Un)done Sea Salt Spray, \$8.88, adds sexy texture.



3LAKE LIVELY

BOUNCY FAUX-OUT

Straighten hair as usual but turn the straightener towards your face over the last few centimetres. Try L'Oréal Professionnel Steampod, \$330 – it's also a brush!

FLAWLESS FINISHER

Work a light serum through ends to emphasise them. Try Garnier Fructis Sleek & Shine Anti-Frizz Serum, \$7.95.



SLEEK AND SMOOTH

Go over each section once to reduce heat damage. Work in 2cmwide sections, gliding from roots to ends.

Silver Bullet Keratin 230 Titanium Wide Plate Straightener, **\$199.95,** has a large plate to smooth faster.

FLAWLESS FINISHER

Get glass-like shine with hair oil. Try The Body **Shop Wild Argan Oil** Miracle Solid Oil, \$10.

WORDS BY KATE FOSTER. PHOTOGRAPHY BY JEFFREY WESTBROOK. STYLING BY SARAH GUIDO FOR HALLEY RESOURCES. STOCKSY



above the cheeks.

PANTENE





STICKY BEAK: PIA MIA

This sultry songstress is going from strength to strength and looks gorg while doing it! Pia Mia, the new face of mark., spills her beauty secrets...

BOLD BEAUTY

MARK. 18Hr Artist Eyeshadow Ink, \$9.99. It's infused with highpigment colour for a bold look that's long-lasting.

GOLD STANDARD

TOMFORD Soleil Blanc Shimmering Body Oil, \$135. 'This is my favourite product in summer. It provides a subtle shimmer to your skin and has a refreshing scent!'

I USE THIS AS MY DAILY BODY MOISTURISER. IT ABSORBS REALLY QUICKLY AND DOESN'T LEAVE MY SKIN FEELING OILY. IT'S PERFECT FOR WHEN I'M IN A RUSH

> **PUREFIJI** Hydrating Body Lotion, \$44.95

MUST-HAVE

VASELINE, \$2.99. 'Vaseline is every girl's must-have and my go-to product when I have dry lips. It instantly rehydrates and moisturises.



CLASSICBEAUTY

TATCHA Polished Classic Rice Enzyme Powder from Mecca, \$94. 'This powder gently exfoliates and leaves my skin feeling soft and smooth.

MY EVERYDAY FRAGRANCE FOR A WHILE NOW. IT'S ENERGISING AND I LOVE THAT THE OVERPOWERING"

> VIKTOR & ROLF BonbonEDP, \$159 (100ml)

PLUMP POUT

MARK. 3D Plumping Lipstick in Cocoa Kisses, \$12.99. 'This lipstick is infused with collagen and retinol and the dual plumping formula gives the perfect pout.

SMART TALKING

PALMER'S Cocoa Butter Formula Lotion with Vitamin E, \$7.49. Tuse cocoa butter when my skin is feeling extra dry as it provides instant hydration.'





COSMOPOLITAN ADVERTORIAL



Bra Converting Clip

THE CROSS-OVER STRAPS

The look: Pretty and girly, a dress with cross-over straps will have you feeling sweet – unless your straps keep slipping sidewards into view. Keep them out of sight with a converting clip.

The tool: Hollywood Fashion Secrets Bra Converting Clip, \$11.95

THE BACKLESS DRESS

The look: Backless means bold, brave... and braless! Avoid flashing the headlights by sticking on a subtle nude cup. It'll be your little hidden secret...

The tool: Hollywood Fashion Secrets Hidden Secrets Stick-on Bra Nude Cup B, \$29.95

Cosmo's beauty & lifestyle editor Cassidy Loane shares her secret to a winning look on race day...

f spring racing fashion for you means discomfort or difficulty, you've been doing it all wrong. You want to feel confident, at ease, and avoid any awks wardrobe mishaps... especially with fashion's love of peekaboo happening right now around the shoulders, bust and waist. Let us break down how to wear this season's race-day trends without letting it all hang out!



THE PEEKABOO DRESS

The look: The sneaky way to show a little skin while staying classy on the grass. Pack nipple covers and fashion tape strips so your 'peekaboo' doesn't suddenly become 'here I am!'.

The tool: Hollywood Fashion Secrets Essentials Kit, \$24.95

THE LOW BACK **DRESS** Low Back Bra Converter

The look: The low-back dress is so on trend, but so dangerous for letting the girls roam free. Reign 'em in by converting your favourite bra into just the right shape.

The tool: Hollywood **Fashion Secrets** Low Back Bra Converter, \$11.95

THE OPEN-TOE HEELS

The look: Time to take your pedicured piggies to the races! Pick a pair with a statement feature and up the comfort with gel cushions and heel shields.

The tool: Hollywood Fashion Secrets Secret Shoe Comfort Kit, \$14.95



SHOP IT

Shop the full collection at hollywoodfashiontape.com.au

Available* at Myer, Priceline, Big W, David Jones, Coles, Woolworths and selected pharmacies.





Perfect the hair

Start by prepping your hair with a nourishing shampoo and conditioner for some party shine. Our top pick is Pantene Pro-V Smooth & Sleek Shampoo and Conditioner, \$6.99 each (4).

Spritz sea-salt spray from roots to tips – we like **John** Frieda Beach Blonde Ocean Waves Sea-Salt Spray, \$16.99 (5) - then throw your hair over your head and blowdry upside down, ruffling with your fingertips for volume and easy-towork-with texture.

Once hair's been **J** prepped, use a hot tong and wrap small pieces of hair around it, holding for about 30 seconds and then releasing. ghd Curve Soft Curl Tong, **\$230 (2),** has a clamp to make it easy.

Once you've got soft waves, mist a medium hair spray to hold the texture. You want to keep the natural movement and texture through the hair, so make sure your spray is not too strong or shiny. Try Moroccanoil **Luminous Hairspray** Medium, \$37.95 (3).

5 Run your fingers through your hair to loosen the waves, and create a part in the centre. Scoop it at the base of your neck and loosely plait down your back, leaving shorter layers loose around your face.

spray in a downwards motion. L'Oréal Paris Colorista 1-Day Color in Pink Pastel, \$14.95 (1).

6 Holding a colour



Exfoliate well, and then massage an oil into the face so that skin is moisturised and hydrated to the max. Garnier Pure **Active Fruit Energy Exfoliating Scrub**, \$12.95.



Before foundation, apply strobe cream to the high points of the face to highlight and add glow. Try MAC Strobe Cream, \$55.



Line lashes with a charcoal liner like **COVERGIRL** Intensify Me! Liquid Eyeliner, \$12.95, and add a copper shadow.



Apply black mascara (Maybelline New York Great Lash, \$12.95) and fill brows with powder to define - try Napoleon Perdis Browtox, \$39.





MOONLIGHT

MOONLIGHT BY ARIANA GRANDE









Q: MY SKIN IS SENSITIVE BUT I STILL WANT TO EXFOLIATE SO IT'S SMOOTH. WHAT CAN I DO THAT WON'T IRRITATE IT?

A: Try using gentle fruit acids to loosen dead skin cells without having to scrub. Wipes that are infused with low levels of glycolic acid can help – just patch test to be sure. Try **Nip + Fab Exfoliate Glycolic Fix Gentle Pads, \$29.95.**



COSMO BEAUTY GURUS CASSIDY & ALEXIS.

YOU ASKED. WE ANSWERED

Your most baffling beauty questions

SMELLS GOOD ENOUGH TO EAT!

SMOOTH

Q: HOW OFTEN SHOULD I BE USING A SKIN SERUM?

A: Every day! There are serums to treat everything from pigmentation to dehydration to fine lines and wrinkles. But if you choose a multitasking serum targeting general skin health, you can use it morning and night. Apply it just after you cleanse, while skin is damp. Moisturise over the top to lock it in. Try Clarins Double Serum, \$95.



Q: HELP! PARTY SEASON IS ALREADY ATTACKING MY HAIR. WHAT TO DO?!

A: It's all about nourishing your hair from the very beginning, with shampoo and conditioner. Switch to a hydrating formula like Hair Recipe Honey & Apricot Shampoo, \$19.99, and Conditioner, \$19.99. Every few washes, use a mask instead of conditioner, like Pantene Pro-V 3 Minute Miracle Smooth & Sleek Conditioner, \$6.99.

Q: METALLIC SHADOW IS COOL BUT I'M SCARED IT'LL SMUDGE! IS THERE AN APPLICATION TIP?

A: Looking for long-wear formulas is the key (although pressing in product instead of brushing it on helps). Try **Models Own Colour Chrome**

DO PARTY

SEASON LIKE

GIGI WITH

METALLICS.

Eyeshadow Kit in Copper Lustre, \$19.95, exclusive to Priceline. It comes with primer and a tray; mix a drop with your cream shadow for super staying power.

Q: HOW CAN I GET MY FRAGRANCE TO LAST THE WHOLE HOT SUMMER NIGHT?

A: You want to apply it on your pulse points, as these are the spots that emit the most heat and radiate that delish scent around. Spray on your wrists, inside your elbows, behind your knees and, for a bit of cheeky fun, in your cleavage too. Try **Katy Perry's Indi EDP, from** \$39 (30ml).



KATY PERRY'S INDI



FIND YOUR HEALTHY HAIR FLAVOUR

Think you need parabens and silicone to get great hair? Think again. Hair Recipe is Australia's first superfood-inspired luxury hair care line developed without harsh chemicals. With two delicious flavours and one beautiful root cleanser, each formula features natural ingredients that are good enough to eat.

NATURAL WONDERS Strawberry & Mint

Product build-up can make hair dull and lifeless, so a deep cleanse is the first step to nourished hair. Rich in minerals and vitamins, fresh strawberry is naturally detoxing, while a hit of mint invigorates and soothes roots to create a clean slate, without stripping.

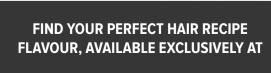
Honey & Apricot

Natural apricot is rich in fibre and a great source of vitamin A for the body. Combining this restoring and strengthening hero with honey, a deeply calming and nourishing ingredient, creates the ultimate formula for luxuriously glossy and shiny hair.

Kiwi & Fig

Heavy chemicals can weigh your hair down. For natural volume, bounce and vitality, look for ingredients such as kiwi, packed with vitamins C, K, E, folate and potassium. Teamed with fig, a source of magnesium and calcium, it makes for the best hair-boosting combo.

CHOOSE SUPERFOODS FOR THE ULTIMATE RECIPE FOR HEALTHY, NOURISHED HAIR







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THAT'S THE TIME YOU STOP GETTING PAID AND YOUR MALE COLLEAGUE CONTINUES TO

Cosmo thinks the gender pay gap is BS, and so should you. But there is something you can do to fight for equality: ask for a pay rise. Here's how to negotiate your way to the salary and conditions you deserve ◆◆

Let's be frank <mark>here - w</mark>e're working harder than ever, and yet our pay slip tells the same old. miserable story.

We should all be a little more like Lisa Wilkinson. After 10 years of hosting the *Today* show on Channel Nine - the exact same job as her male counterpart Karl Stefanovic - she walked out, reportedly because they refused to pay her the same wage. Talk about taking a stand! And we all need to do the same if we want to close the gap. We're not saying to leave your job, but you can start with making sure you're getting the money you actually deserve.

We've got the skinny on when to ask for a pay rise, convincing your boss, and how to handle a rejection in the face of a 'no'.

TIMING IS EVERYTHING

While your need for a pay rise may be most obvious when you've just paid (or not paid) your credit

card bill and deleted the third email from your landlord for the week, your personal freak-out period isn't necessarily the best time to chat with your boss about cashing in. Work out when is going to be best for the company.

'Some organisations align salary reviews to the annual "performance review" system, while others work to financial year-end dates, or other specific times of the year,' says Robyn Greaves, career transition coach at The 3rd Chapter (The3rd chapter.com). That's not to say the rest of the year doesn't count, though – make a note of times you've exceeded expectations throughout the year, so you can present these. Speak with HR to find the best time to broach the subject with management.

PLAN AHEAD

Skipping in to your boss's office and asking for more cash isn't going to cut it. You need to be prepared. Firstly, you need to work out how much money you can reasonably ask for. 'Research the standard industry salary for your role, and note any shortfall in your salary compared to the industry standard,' says Greaves. Sites like Payscale.com and Hays. com.au can give you a rough idea, or you can check out the website of your union.

Think about writing a pitch for your pay rise; seeing on paper what you've achieved will heighten your confidence when asking your boss to consider increasing your salary. 'The key points you need to highlight are the ways in which you've made or saved money for your organisation, how you've added value, and what problems you have solved,' explains Faye Hollands, director and careers coach at Outshine Consulting (Outshineconsulting.com).

'When you can highlight how you've not just "gone through the motions" and done your day-today job, but actually added true value to your team or business, you become a more important asset and are therefore worth more, making it much easier to get a pay rise,' Greaves explains. 'The problem many people have is that they haven't spent time thinking about where they've added true value, and instead base the reasons for wanting a pay rise on how long they've been at the company, for example, or because they think they're worth more without backing it up with quantifiable, real results.

WHAT NOT TO SAY

It can be frustrating when we see new employees getting paid more than we are, or when Jenny from





you're struggling to make ends meet. That said, the temptation to highlight the negatives should be avoided. 'Remember to remain professional and positive at all times throughout the negotiation,' says Greaves. 'It's best to avoid starting the conversation with phrases such as, "I haven't had a pay rise since..." or "If I don't get a pay rise, I'm leaving." Using

deny your request,' she explains. Rather, open the dialogue with lines such as, 'I am committed to the future of this organisation' or 'I believe my results demonstrate I'm deserving of a pay rise.'

IF THE ANSWER IS NO

Remain positive and upbeat. Ask for reasons why, and take notes. Agree with your boss on a date

you've fallen short in some areas, ask for new, clearly defined goals that can be measured and scored within a set period of time. If your boss has been positive, but says pay rises aren't on the table for now, consider your negotiation power. 'You could ask for more flexible working arrangements, extra paid holiday time or to go part-time so you can pursue other interests,' says Greaves. ◆▶

The horror of sexual harassment

An explosive Hollywood scandal has alarmed us all, says Morgan Reardon

Hollywood heavyweight and producer Harvey Weinstein's alleged sexual harassment of actresses and female staff members has ignited a debate about abuse of power not only in Hollywood, but in all workplaces. It's got the Cosmo office talking. Just what is sexual harassment? In short, any unwelcome conduct of a sexual nature including suggestive comments or jokes, intrusive questions about your private life or your appearance, inappropriate staring, unwelcome physical contact and sexually explicit texts, emails, images or phone calls.

Think you're immune to the misogyny seen in Hollywood? You're not. One in five women experience sexual harassment in the workplace in Australia*.

Lani" never expected it to happen to her. 'I was in a meeting discussing beauty treatments for a story when I mentioned there was a product that had semen as an ingredient. My male boss turned to me, said, "Want a free facial?", and laughed. I never brought it up with anyone more senior than him because I didn't want to be seen as someone who couldn't take a joke. But I can take a joke, and this wasn't one.'

While cases like Weinstein's might seem far away in La La Land, they aren't. It's happening in our backyard and the only way to fight it is to speak up. If you feel like you've been a victim and want to report it, check out Humanrights.gov.au.





THE THINKERGIRLS STACEY (LEFT) AND KRISTIE TACKLE THE BIG TOPICS ON KIIS.

Know your worth & don't back away from baby chat'

The Thinkergirls' Kristie Mercer has a lot of thoughts on lessening the gender pay gap — and it starts with you

ACKNOWLEDGE THAT THE **GENDER PAY GAP EXISTS**

I once got into an argument with a male coworker (on live radio mind you) about the pay gap. He argued that in his experience he'd never known a woman to be paid less than a male co-worker and, in fact, he'd worked alongside females paid 'way more than him'. So to him (and a lot of other people I'm sure) there's still complete shock and almost confusion that 'this gender pay gap thing still exists?' Yeah, bro. The numbers don't lie.

Recent Government data shows that on average, women are earning a whopping \$26,853 less per year than men. And just because the pay gap isn't as blatant as Emma copping \$27K less than Evan because she has a vagina doesn't mean it doesn't exist! I know what you're thinking: Well that sucks, how do I make sure this doesn't happen to me? Here's how:

KNOW YOUR WORTH

Chicks often suffer from 'Imposter Syndrome', where we doubt ourselves and our abilities. I'm so guilty of this! Before every new job, a voice in my head questions how the hell I convinced these chumps to give me a job in the first place. Even Facebook COO

Sheryl Sandberg confessed in Lean In, 'there are days I wake up feeling like a fraud, not sure I should be where I am.' There's a confidence crisis among women - we're literally holding ourselves back. Compared with men, women don't consider themselves ready for promotions, predict they'll do worse on tests and generally underestimate their own abilities. ENOUGH! There are practical things you can do to help build yourself up, buttercup: find role models to reach out to; check out free online courses or webinars to upskill; practise what you'll say in an upcoming meeting to build up your confidence.

DON'T BE AFRAID TO BE OPEN ABOUT WANTING KIDS

Stacey (June, the other Thinkergirl) is clucky AF but has always been shy about the reality of work/baby life, and I completely understand why. We're taught as women that even muttering the word 'baby' at work will set off some alarm in our boss's office that flashes 'WANTS KIDS. NOT A PROMOTION!' But if we want society to stop putting us in boxes of 'career woman' and 'mother', maybe we have to stop doing it ourselves? I've seen a shift across the past year where Stacey's taken the fear out of it and begun talking more openly about her plans to have a baby in the future. She's right in that we need to give our workplaces the space to support us and our plans. Being secret-squirrel like you're ashamed of the #MumLife dream will only set a tone of secrecy and guilt that everyone else at work will follow. It makes sense that the more transparent you are with your workplace, the more likely it will be that you can craft future roles/working capacities together post-mini human.



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HOWI BECAME MY OW BOSS

Got a great business idea but don't know how to put it into practice? Meet the savvy entrepreneurs who ditched the 9-5 slog to become their own boss

LAUREN SILVERS. 27

CEO and co-founder of at-home beauty services app Glamazon

How did you come up with the idea for your app?

'In 2013, I was working as a publicist. During a meeting, I found myself madly trying to book a hair appointment for an event I had

away, setting up an email and looking at how to make an app. For the first six months I continued to work full-time, but it became a real struggle to meet up with app developers and web designers. I knew in my gut that the app was worth



it so I quit in October 2013 and began working on Glamazon on a full-time basis.'

How did you fund it?

'Getting my first lot of quotes for app building, ranging from \$15-\$20,000, was a real kick to start saving. It made me realise I was going to have to sacrifice a lot if I wanted this to work, so I moved back in with my parents, sold my car and put my designer wardrobe on eBay.'

What was the biggest hurdle vou faced?

'My skillset was in PR so I was able to market Glamazon really well, appearing in high fashion mags and newspapers, but I felt like an imposter - the product wasn't right because I didn't have the technical skills to make it work. Every time a customer made a booking, I was on the other end, ringing salons and booking them appointments, then sending what seemed like an automated email - but it was all me. And I knew I couldn't keep that up.'

You partnered with Glamazon's COO Lisa Maree in 2016. What's been the best part about it?

'Sharing the journey! Being an entrepreneur is such an emotional rollercoaster - the highs are so high and the lows can be devastating, but having Lisa makes it so much better.'

What's your best advice to budding entrepreneurs?

'Play to your strengths and not your weaknesses. Find a partner that has an opposite skillset that complements your own.'



Try these tips from Naomi Shepherd. Instagram's Head of Brand

SET UP A BUSINESS-SPECIFIC PROFILE FOR YOUR BRAND

Separating your accounts into personal and business allows you to keep your interests private and separate from your professional account. Include a link in the bio back to your website as this will directly connect your buyers to your product.

KNOW YOUR AUDIENCE

The most successful brands on Instagram share images that tell a story and create a connection with their community. **Keep your content** fresh by using different visual storytelling formats such as Boomerang and Hyperlapse, and regularly engage with your community through comments and conversation.

ARM YOURSELF WITH THE RIGHT TOOLS

Instagram is always rolling out updated tools. Try the new polling sticker to get quick feedback from your community on a product or service.

ALLY WATSON, 29 >

Co-founder and CEO of tech company Code Like a Girl

How did you come up with the business idea?

'I have a Computer Science degree and had been working as a developer for six years when I moved to Melbourne. I wanted to get up-todate with the industry but all the meet-ups were heavily maledominated and I felt really intimidated. I figured other women must be going through the same thing, so in August 2015, I asked my boss if I could host a wine night for women in tech at our office. Within two weeks of putting the event online I had over 100 RSVPs - and I realised I was onto something.'

What was the next step?

'The biggest thing for me was making the events regular so I could build up a community, and making them free or low cost so anyone could come along and learn.'

When did you decide to start offering coding classes?

'Speaking to women at the events, I realised lots of them





wanted to get into tech but didn't have the skills to do so. I asked a bunch of successful females in the tech world to volunteer their time and got them to host free workshops. They were such a success we started holding them at schools with girls from grade one through to 12.'

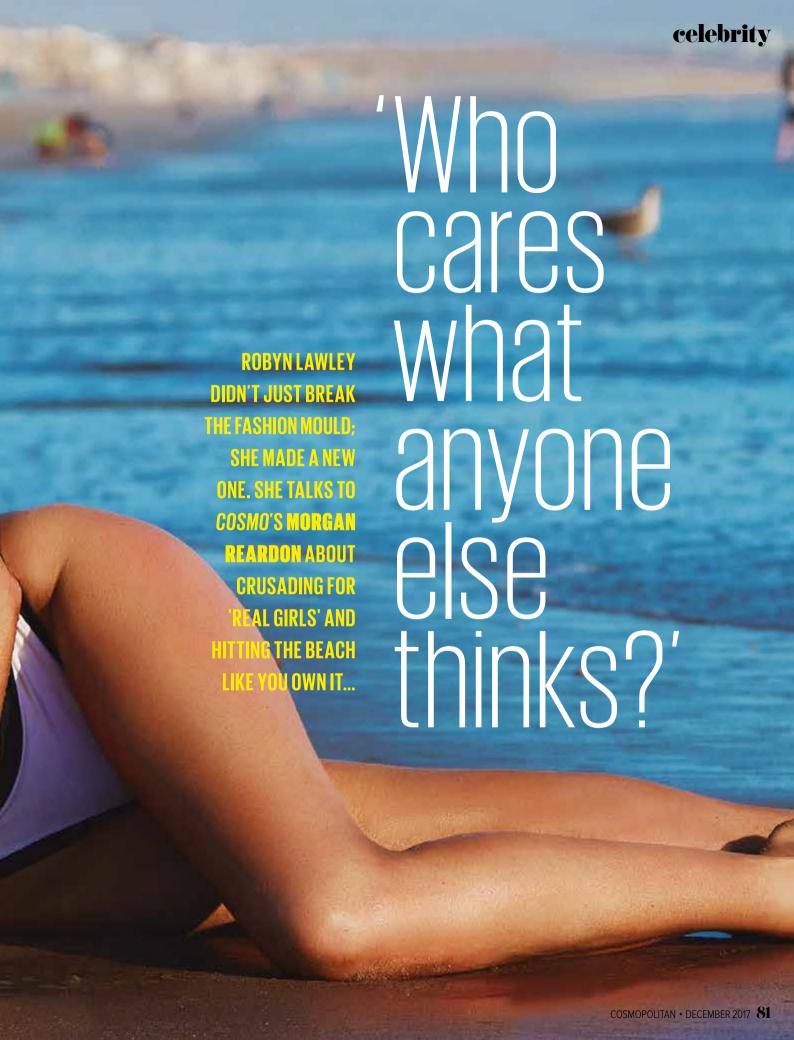
How do you fund the events?

'First I just got companies to cover the cost of food, but my time and effort was not being paid for, so I couldn't grow the business. I partnered with a friend, Vanessa Doake, who has a background in HR and helped remodel my funding structure. Now companies pay a 12-month subscription to come along to our events, get to know our community and promote their business.'

What's been the hardest part?

'Working two jobs and trying to balance a social life at the same time was really tough, especially when all my family was so far away in Scotland. Despite all that, hearing a young girl say she loves coding makes it all worth it.'









obyn Lawley is a force to be re<mark>ckoned wit</mark>h. The Aussie model has been flying the body-love flag since long before the Kardashians were a brand. She's used her celeb status to promote healthy curves on the runway, in fashion campaigns and on the covers of glossy mags around the world. But surely tirelessly campaigning for real bodies to be recognised as just that - real - gets old after a while? Turns out, when you're that passionate about something, it doesn't.

Amongst chinwagging about the regular stuff like

her gorgeous two-anda-half-year-old daughter, Ripley, and the screenplay she's currently working on, our conversation naturally turns to body image and the struggles women face in a world where size six reigns supreme. When I bring up recent comments by medical professionals, who say that curvy models promote obesity, she scoffs, 'Oh, that's infuriating'. Her Aussie twang (she was born and raised in Sydney) still very much intact despite her living in LA and New York since she was 18, she goes

on: 'It's total bollocks. Some of my curviest friends are the fittest I know, whereas there are skinny girls who smoke and starve themselves - what's healthy about that?' I go to agree but Robyn's on a roll. 'Women want to see themselves represented in the media and in fashion. If they don't, it has a direct result on their self-esteem.'

Her no-BS take on the fashion industry makes the 28-year-old stand out in an image-obsessed world - and is quite frankly why we're so obsessed with her. She's a fierce crusader for 'real'

celebrity

girls. Although nowadays Robyn prefers to wear a one-piece because she 'has an active daughter who's likely to pull a bikini top down', she's equal measures shocked and saddened to hear four in five women in Cosmo's recent body survey don't feel confident wearing a bikini (newsflash: every body is a bikini body).

'Sometimes I don't feel 100 per cent confident, so I can completely understand where they're coming from, but we can't let that stand in the way of what we want to do. We can't just sit on the beach and not swim with our friends because we're worried what other people think,' she says. 'You need to know that, no matter what your body shape or size, you have just as much right to go out there and wear whatever the hell you want!' Mic drop. Just kidding, she's got loads more to say...

When did you first start to love your body?

'When my career started to take off, around age 18/19, I really began to embrace my curvier model status. It certainly took me a while and it didn't happen overnight. I didn't wake up one day and think, Oh yeah, I've got this body and I'm going to rock it. But being around other curvy models like Crystal Renn and Tara Lynn, who were confident and had no inhibitions, had such a positive effect on me.'

Do you still have bleugh days?

'I do, although I have more mum brain now where I'll walk out of the house, catch my reflection and then



do a double take, thinking, What are you wearing? But yes, models are people too and we have our ups and downs. I work in an industry where I get judged every single day purely for how I look, but I just try to put it below me and know it's not the be all and end all. That might sound strange coming from a model, but looks only matter to a certain point it's always going to be your personality that matters more in the end.'

Is there any particular part of your body you're not confident about?

'Ironically, when the butt movement was really popular I felt kind of self-conscious about my lack of bountiful booty, but I try to focus on my best attributes.'

You've previously said you're at risk of not booking as many jobs anymore because designers want super skinny or super curvy and you're in between - is that frustrating?

'It used to be I'm not "size zero" enough, now it's I'm not "curvy" enough! It just stresses me out. It's also a bit humiliating to pioneer for curvy models for so long, only to be told you're not curvy enough. I guess it's a good thing in a weird way [because they want supercurvy girls but I just don't understand what's so wrong with diversity.'

What do you do religiously to feel good about your body?

'I used to love the gym but I don't go as much anymore - though throwing my 50pound (23kg) daughter up in the air 20 times a day is



celebrity







the equivalent of a medicine ball workout. If I ever feel sad or angry, I'll do something that I know I'm good at that has does nothing to do with my body, like DJing or writing. I've made a deal with myself that if I think negative thoughts, I have to write 100 words on my screenplay. It's about turning a negative into a positive.'

How do you deal with body shaming online?

'I struggle with it because, as a model, I'm constantly putting [my body] out there, especially on social media. When photos of me first started appearing [online] I got ripped apart, people called me a pig and a heifer - thankfully we've come a long way since then. I read the comments on my photos and generally they're great. I've got my girlfriends for whenever it gets tough. I can call them to vent and just let it all out.'

Does social media ever make you feel inadequate?

'I'm guilty of getting sucked in for sure. Those videos that play automatically always get me. I end up watching clips of female bodybuilders and feel inadequate, thinking, I can't do any of that. That's when I stop, log off and focus on something else.'

When you work out, is your aim to be fit or to lose weight?

'Fit all the way. I love fit girls. I've got such a girl crush on all the Amazon women in Wonder Woman. I had the biggest grin on my face in the scene where they were all working out.'

Did becoming a mum change your view of your body?

'One hundred per cent. Making a baby is a huge thing to do, and afterwards your body needs to recover - women are much stronger than they think they are. Of course, my body has changed 'Lo<mark>oks o</mark>nly matter to a point i<mark>t's you</mark>r pe<mark>rsonal</mark>ity that matters'

a bit too but there's nothing I can do about that so I've just got to embrace it.'

Are there words you avoid using around your daughter in terms of body image?

'I'm definitely conscious of not putting myself down in front of her. I hate princessy things, so she doesn't have Barbie dolls. I try to use words like "strong", and I make sure the word "girl" isn't used in a derogatory way, like, "Oh, she's such a girl." I want her to be empowered by being a girl.'

What message do you want to give to Cosmo readers?

'My advice would be to be empowered with how you look right now, stop waiting for it to just happen, because the longer you wait, the more you're missing out on in life. People are going to love you more when you just own you. You're born with your body, dude – rock it!'



Why being imperfect is the new perfect

Striving for perfection is so 2016, argues Cosmo's Morgan Reardon...



'm not going to lie, I really struggled writing this feature. I wrote three different intros but, being the perfectionist that I am, I didn't think any of them were good enough. And quite frankly, this one probably isn't much better, but I've decided I'm OK with that. because I'm embracing wabi-sabi. It's not a side order for your sushi, it's an ancient Japanese philosophy that embraces all things imperfect and encourages you to find delight in the simpler things - like peanut butter on sourdough instead of fancy unicorn toast.

'Wabi-sabi is modest and humble. It's well-worn jeans, weathered wood or an unrestored antique chest,' says Leonard Koren, author of Wabi-Sabi: for Artists, Designers, Poets & Philosophers*. But before you dash out to your local Vinnies to grab some cracked plates and pre-loved clothing, it goes deeper than just how you decorate your home.

The wabi-sabi life

'In an age when we're all so concerned about gaining more possessions and getting ahead in life, wabi-sabi is about taking a step back and going with the flow," says Amanda Gruhn, a Gestalt psychotherapist at Therapy Duo (Therapyduo.com).

Gruhn might be onto something. According to a study from the University of Kansas, women of our generation are burning out faster than men because we are striving for perfection in our careers and all other aspects of our lives. Can you blame us? With phrases like 'girlboss' and everyone being encouraged to 'lean in', we're constantly comparing ourselves to those who are slaving it in start-ups, rising up the ranks of corporate ladders and smashing the Likes with their perfectly filtered pictures on Instagram.

lmage problem

'Now more than ever, women are under pressure to work harder and look better,' Gruhn says. 'I have more and more young women coming into my practice who are getting everything from breast implants to labiaplasty at such a young age because they want to be "perfect", but it doesn't always equal happiness. The idea of wabisabi is that we're born imperfect. Your hair colour, your wrinkles, they're all reflections of your life. A large part of unhappiness comes from not accepting who we are.'

She's right! What's so great about being perfect carbon copies of each other? Who doesn't have a soft spot for imperfectly-perfect gals like Lena Dunham or Jennifer Lawrence? They're the kind of people you can imagine having a wine (or 10) with because they openly admit they don't have their shit together. Admitting you're not perfect is actually incredibly endearing - and embracing it can be really fulfilling. 'When we see celebrities who are willing to be a bit of a goof, it really speaks to us,' says Gruhn. 'It's actually very freeing to just accept who you are.'

So how do we incorporate it into our everyday lives? 'Change the motivation behind the things you do,' says Gruhn. So instead of working out because you want to achieve a 'perfect' bod like Gigi Hadid, hit the gym purely because it's good for your health and wellbeing. And rather than catching up with pals because you feel like you need to appear popular and upload the perfect brunch pic to your Instagram, go because you genuinely enjoy their company (assuming you do, that is!).

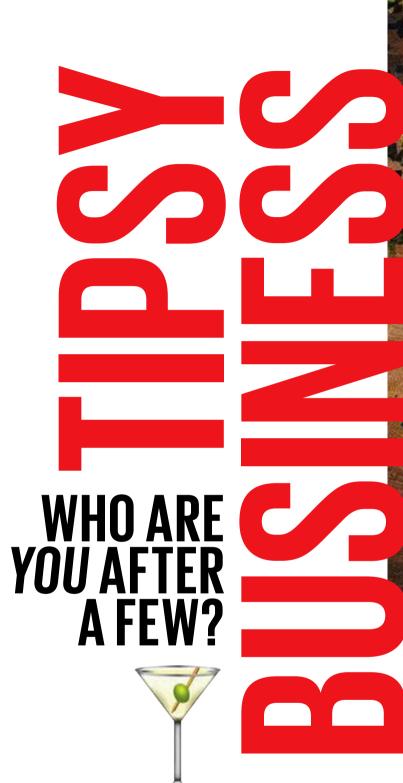
Wabisabi is modest and humble



My wabi-sabi self

It sounds simple enough so I've decided to sprinkle a little wabisabi on my own life. Since moving back to Australia after two years living abroad, I've found myself trying to play catch-up with all my gal pals, who, in the time I've been gone, have gotten engaged, promoted, started companies and bought houses. Rather than feel disappointed in myself about the fact that the most expensive item to my name is a leather jacket, wabi-sabi tells me to abandon my pursuit of perfection and, instead of dwelling on what I think I'm lacking, be grateful for what I do have. In the two years I was in the UK, I may not have saved enough money for a house deposit, but I made some amazing new friends, snorkelled between tectonic plates in Iceland (#humblebrag) and learnt a ton of new skills working there. For that, I'm grateful.

Next I took a long, hard look in the mirror because wabi-sabi says we need to appreciate our natural selves more. As hard as it is to not cringe at the sight of the new fine lines around my eyes, I remind myself they're a result of all the laughing-'til-I-cried pub sessions with friends. The freckles are from spending all day in the pool with my nieces and nephews, and that extra squish around my tummy is from drinking copious amounts of Prosecco in Italy. And when I think of it like that, I have nothing to be disappointed about. Oh my God, I totally just wabisabied myself. Still not convinced? Jessica Alba is a fan. If it's good enough for Jess, it's good enough for me (errr, not that I'm making comparisons or anything...).





▶ AS MUCH as we try to avoid over-indulging on the sparkling, this time of year always means OTT fun. By now you've either been one or seen one, and truth is, it wouldn't be the holiday season without a cray-cray drunk. So which one are you?

THE HOTLINE BLING DRUNK



It's 9.30pm and you've already managed to unblock that boy's number who ghosted you two weeks ago on Tinder, and you're leaving suggestive emojis on his pics from 34 weeks back. Girl, log out this second!





We'd hate to accidentally spill our drink on you! It doesn't take long for you to turn your night out into a Real Housewives reunion episode; the simplest things get you all worked up. Take deep breaths, hun.

THE MEGAPHONE DRUNK

You've definitely got a set of lungs on you! Due to your largerthan-life chops, you've probably already let everyone in the bar know your PIN number and your favourite sex position.

THE LOVEY-DOVEY DRUNK

you've struck up a drunken bathroom conversation that started with you telling a random stranger you love their shoes and ended with an unbreakable bond.

THE KYLIE JENNER DRUNK

The minute those mojitos kick in, you're begging your girlfriend to take a million photos of you, because you've suddenly realised you're a bombshell. Moving club furniture, lying on the staircase... whatever it takes to get that shot!

You've been MIA for hours 'cos

THE JUDGE JUDY DRUNK

Your sass dial is peaking. You're giving unsolicited fashion advice and getting major judgey with your friends (apparently you never really liked your friend's BF that much anyway). Order in the court!

THE LESBEREAL DRUNK

You and your bestie are straight and she's got a boyfriend, but that is not going to get in the way of the fact that the tequila shot you just downed has made you realise how fun it is to make out with each other.

THE HORIZONTAL DRUNK

It doesn't matter if you're sipping Prosecco or downing Long Island iced teas, a few drinks in and you're either falling down stairs or asleep on the D-floor. To be fair, you're probably a sober klutz.

THE CUPCAKE GIRL FROM MEAN **GIRLS DRUNK**

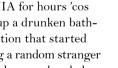
You waited all week to turn this one night out into a Dr. Phil-style intervention - you're emotional and teary-eyed after just a few drinks. You probably also wish everyone could bake a cake full of smiles. Need a tissue?

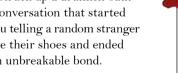
THE CHOREOGRAPHED DRUNK

Despite the fact you literally just downed more tequila than you're probably supposed to consume in a month, you're whipping out some seriously great dance moves. Your newfound confidence seems to have turned you into a Tony Award winner.

THE OPRAH DRUNK

A few drinks and in and you get a drink, and you get a drink, and let's get a bottle! You're buying everyone drinks like your phone bill isn't overdue and you're not eating tinned tuna for lunch.











It seems more and more of us are turning our backs on religion, swapping church for brunch and finding alternative means to enlightenment. Why is it so, and what does it mean for our souls, asks **Mel Evans**

've been to mass exactly one time. I was 17 and, after finding zero sense in what was being said and a walk of shame back from the altar after being rejected by the priest (something about not being the right religion to get crackers or something, I don't know), I decided I wouldn't be returning.

Look, I appreciate that others are hot for a God and accept that many others think it's baloney. I sit somewhere near the baloney side, but stop short of all-out renouncement on the off chance Heaven actually exists. It sounds kind of cushy.

GENERATION GOD

It turns out I'm not alone in my 'meh'-ness towards religion. The 2016 Australian Census found that fewer people are identifying with religion than ever before. The number of those who have 'no religion' was 29.6 per cent, compared with 15.5 per cent in 2001. It makes up the largest proportion of the population, taking into account atheists (who don't believe in gods), secularists (neutral on the matter of religion) and agnostics (who believe there isn't enough info to form a belief).

What might seem to us as 'groundbreaking' as florals for spring is a stark contrast to how our parents' and grandparents' generations viewed religion only a few decades ago.

'People would attend church twice on Sunday, and also youth activities on Friday nights and Saturdays,' says Professor Marion Maddox, author and academic in the Macquarie University Department of Modern History, Politics and International Relations. Plus 'regular concerts, camps, variety nights, sport...'

It's a lot to take on, but as a born-again Christian in her teens, Melissa, now 31, found church life addictive: 'I became hooked on the community stuff - everyone was so supportive.'

Soon she was attending services three times a weekend. 'home group', worship practice and youth group. But after 10 years, she realised being a part of the church was stopping her from doing the things she was craving. 'I wanted to drink, go out, date and be, well, twentysomething,' she says. 'While those things weren't "banned" per se, I felt pressure not to do any of them and I ended up leaving the church.' Now, she has 'a spiritual feeling that there's something bigger than humanity', but wonders if we're all just worshipping the same god in different ways.

GENERATION WHY?

Jane, 27, is more on the atheist end of the spectrum. 'I know it's such a staunch position to take,' she says, 'but science makes it hard for me to believe there is a higher, spiritual power.'

Even though she was never baptised, Jane went to a Christian school and attended church now and again. 'I was exposed to a lot of religion,' she says. 'But I found it consumed people's lives. With one particular friend, it was clear that everyone in the family came second to Jesus. It made me sad. My friend's mum would literally say, "Jesus comes first" - above everything? Above your family?'

We can't deny the difference in attitude towards organised religion between us and our parents. 'Gen Y are the children of the generations who started moving away from organised religion,' says Maddox. 'Even Gen Y members of migrant

'SCIENCE MAKES IT HARD FOR ME TO BELIEVE THERE IS A HIGHER. SPIRITUAL POWFR'

families who [are] religiously observant families end up not much more religiously observant than their Australian-born peers.'

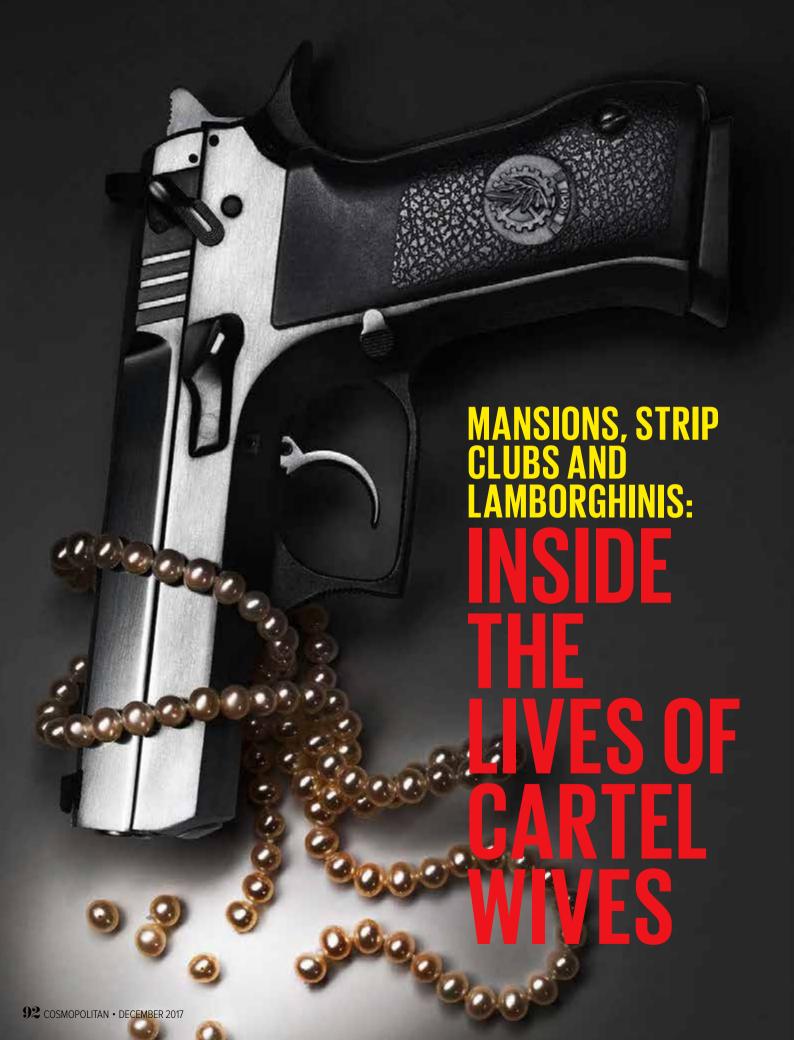
A NEW GENERATION

The influence of technology, travel - just living in 2017 - has opened us up to more spiritual influences, counterarguments and options than one singular being to follow, giving us Gen Y-ers a pick 'n' mix approach to spirituality. We can believe in whatever we want - whether it is fronted by a god or deity or a flying spaghetti monster, and there's nothing wrong with any choice whatsoever.

We read our horoscopes with the same gusto with which we consume our smashed avo, choosing to believe the words of someone who's not necessarily trained in the wise workings of the universe to tell us how our life is going to pan out. Sort of the same as believing in a set of scriptures that have been written by someone in another time, no?

Perhaps we aren't so much losing our religion as building our own belief system for a new age. Preach.





Mia* and Olivia* married identical twin brothers Pedro and Margarito Flores — also known as Peter and Junior – two of America's biggest drug traffickers, who turned their backs on the cartels and helped bring down the world's most wanted drug lord, El Chapo. Olivia shares their story...

MIA AND I were out at a strip club in Mexico, where we lived, with our husbands because they had associates visiting from China. We were having a good time when all of a sudden men wearing ski masks and holding AK-47s came in and dragged us and our husbands into a caravan of SUVs parked outside. I was next to my brother-in-law Peter [as the men dragged Mia out] kicking and screaming for her life and he said, 'If I had a gun I would shoot her right now.' At that very moment, I realised he wanted to put her out of her misery out of fear of what was going to happen to us. Women in Mexico in these situations are tortured, raped and murdered.

I had a Nextel flip phone Twith a Direct Connect walkietalkie feature and I managed to press the two-way feature, hoping that my other brotherin-law, who was at our home, could hear me. I was screaming to this masked man, 'Tell us what you want! Do you want \$10 million dollars? We have money, we will pay you!' My brother-in-law did hear me and, through that, our release was eventually negotiated.

A NORMAL UPBRINGING

Neither Mia nor I grew up among the cartels. We both came from Chicago with police officers as fathers. We had really loving families; my parents were highschool sweethearts who instilled morals in me and worked hard to send me to private schools. But I was always attracted to the bad boys. My first husband was sent to jail for an extended period of time for selling drugs, and my second husband was

murdered. Mia was raised in a good home and went to college to become a court reporter; she was never exposed to this world until she met Peter through a mutual friend.

I THOUGHT I COULD **CHANGE HIM**

I met Junior through my second husband. They did business together and were very close friends, so I knew him for many years. I had seen the qualities of my father in him; he was softspoken, caring, compassionate, polite and very respectful, and I couldn't believe that he was a drug dealer. I knew that he didn't belong in that lifestyle; he was so much better than that. I fell madly in love with him and I wanted to do everything I could to change him. I knew there were only two ways out of this life death or jail - and was terrified of losing him. But over the course of our relationship, he got drawn deeper and deeper into the cartel world - it's easy to get sucked into that luxurious lifestyle. But I knew that he was a good man with a good heart and I felt like one day he could change.

THE CARTEL LIFE

We had mansions, beach houses, housekeepers, luxury cars, and we went on holiday whenever we wanted, wherever we wanted. They'd shut down nightclubs just for us and restaurants would open up after-hours just for our husbands and their associates, who'd spend tens of thousands of dollars in one night. There was a room next to our bedroom with \$2-3 million cash piled up in bundles. That sort of lifestyle was really addictive.



AS MANY WIVES AS YOU CAN AFFORD

The men in the cartel world are womanisers - they treat women like doormats. The saying in Mexico is that you can have as many wives as you can afford, so they have different families with different women, and they don't treat them with respect. Mia and I were fortunate that our husbands didn't have that mentality and were nothing like them. When we lived in Mexico, our husbands took Mia and I everywhere with them while the other men would have mistresses, prostitutes and strippers. Sadly, there's such poverty in Mexico that these women dream of being married to a narco. They think it's the only way for them to escape poverty, and narcos take advantage of them. Our husbands were so different from everyone else in that world.





PETER AND JUNIOR WERE MAKING \$5-7 MILLION A MONTH FROM DRUGS.

They didn't use their power or money to hurt anybody, and they never resorted to violence.

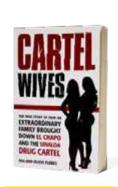
We always felt protected and we thought we were invincible because our husbands kept their business separate from us. We weren't naïve to it, but we were never around drugs. Instead, our husbands were on the phone, moving these big shipments of drugs. They had this huge infrastructure with many employees, and we were in this little bubble and didn't understand how deep in they were. It's ironic to say, but they always made us feel like our life was normal. It wasn't 'til we got kidnapped at the strip club and thought we were going to be shot in the head that we and our husbands realised this was not the life we wanted.

PUTTING EL CHAPO BEHIND BARS

We had enough money to go anywhere to escape the life we were living, but our husbands wanted to make things right.

While still living in Mexico, they both risked their lives and became federal informants. Several months later, we went to America, where they turned themselves in and became the biggest cooperators in US history. TJunior and Peter helped the US collect evidence against Mexican drug lord Joaquin 'El Chapo' Guzman, who is currently in jail, awaiting trial. The twins were sentenced to 14 years in jail for their role in the massive drug operation. When our husbands went to jail, they both said that they'd never felt so free in their lives; they felt all the weight lifted off their shoulders.

Mia and I live in fear every single day; we would never wish this life on anyone \(\text{Olivia} \) and Mia are in protective custody. We feel like our husbands were handed a life sentence because we will all be hunted for the rest of our lives. We chose to do the right thing, but it's the hardest thing we've ever had to do. We're all in it together, though.



Mia and Olivia's book, Cartel Wives: The True Story of How an **Extraordinary Family** Brought Down El Chapo and the Sinaloa Drua Cartel, is available now. RRP \$29.99

WE WILL WAIT FOR THEM

What our husbands did was the bravest and most courageous thing they could have done for our families - to make things right by cooperating with the US government and bringing down one of the biggest narco terrorists in the world. We love our husbands – we're willing to wait for them for as long as it takes. They sacrificed themselves for us and our families.

Mia and I wouldn't be here today if we didn't have each other - our bond is unbreakable. We don't trust anyone, we can't talk to anybody, so we can never have friends – we only have each other. We pick each other up when we're down and support one another. We're two wives and mothers just trying to get through this, raising our children to do the right thing, and patiently waiting to reunite with our husbands. Mia and I have realised that what is most important is family, being there for one another and never taking each other for granted. And most importantly, showing our children that life is about family, love and simplicity.



Palmer's Natural Bronze is made with nourishing Cocoa Butter and Vitamin E, which leaves skin naturally glowing. So your tan is your best accessory.

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BODY LOTION

For a buildable, naturally beautiful tan.









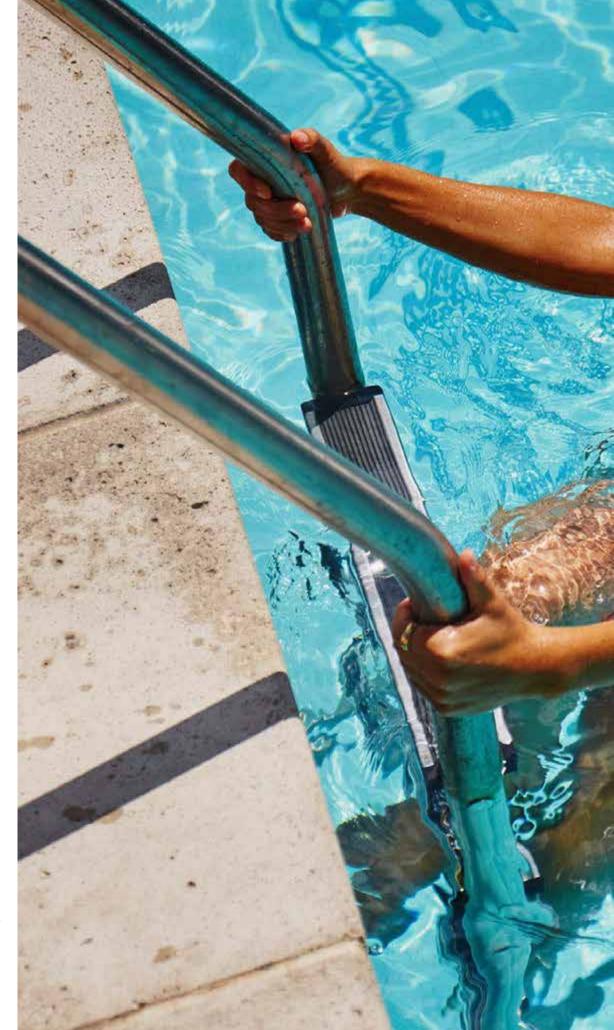
 $\textbf{SWIMSUIT:} \ Duskii, \$250 \ (duskii.com). \ \textbf{NECKLAGE:} \ YCL \ Jewels, \$152 \ (ycljewels.com).$







ONE-PIECE: Araks at Shopbop, \$411.16 (shopbop.com). SUNGLASSES: Ray-Ban, \$240 (ray-ban.com/australia). NECKLACE: Valére, \$179 (valere.com.au).



BIKINISET: Triangl, \$86 (australia.triangl.com). NECKLACE: (long) YCL Jewels, \$162 (ycljewels.com); (short) Najo, \$99 (najo.com.au).





BREE WEARS SWIMSUIT: Asos, \$40 (asos.com/au). SUNGLASSES: Ray-Ban, \$240 (ray-ban.com/australia). ALICIA WEARS BIKINI TOP: Bonds, \$34.95; BIKINI BOTTOMS: \$29.95 (bonds.com.au). NECKLACE: (long) YCL Jewels, \$162 (ycljewels.com); (short) Najo, \$99 (najo.com.au). BRACELET: Dallasandcarlos, \$65 (dallasandcarlos.com). RING: Thomas Sabo, \$159 (thomassabo.com).







WORK IT FOR YO' WINE! THE EASY ASHY BINES HOLIDAY WORKOUT

WE'RE NOT GOING TO PREACH ABOUT SKIPPING THE RICH CANAPÉS AND COCKTAILS THIS PARTY SEASON. INSTEAD, ASHY BINES HAS PUT TOGETHER A WORKOUT TO HELP PARTY-PROOF YOUR BOD. WHO SAYS YOU CAN'T EAT CAKE AND STILL FEEL GREAT IN A BIKINI? NOT US!



DIAMOND KICKS 20 REPS

- Lie flat on your stomach, with your arms crossed in front of your face.
- Place your legs in a diamond position, with feet together and knees apart.
- · Lift up your legs from the hip, holding them in the diamond position, then lower to ground.





- Sit with your knees bent, legs and upper body raised into a V-shape.
- Twist your torso to the right side, hold for three seconds, then rotate to the other side.



10 REPS PER SIDE

- Lie on your side, with your bottom leg sitting at a 45-degree angle.
- Planting your hand in front of you for balance, raise your top leg into the air. Don't forget to point your toes!







- Stand up straight with your feet slightly apart.
- Position your elbows parallel to the floor at chest level.
- Jump and twist side to side, turning your torso in the opposite direction to your knees.





◆ DONKEY KICKS

10 REPS PER SIDE

 Position yourself on all fours on the ground.

body

- Keeping one knee bent at a 90-degree angle, flex your foot and lift your other knee to hip level.
- Lower your knee back down without touching the floor.
- Do 10 reps, then switch legs. ◆





BICYCLE CRUNCHES 20 REPS

- Lie flat on your back, with your hands
- Position both legs at a right angle.
- Perform a crunch while reaching your right elbow to your left knee.
- Alternate sides.

CATERPILLARS

10 REPS

- Stand up straight with your feet shoulder-width apart, arms extended above your head.
- Bend over and touch your toes, then walk your hands forward until you form a plank position.
- Walk your hands back up to your toes and stand up straight.









Try sand sprints followed by ocean swims or surfing. You won't even notice you're getting your sweat on.



HEALTHY SWAPS

You don't have to sacrifice treats to stay fit. Here are some easy swaps to help you through the festive season







CHOCOLATE Bar

AUSSIE BODIES Protein bar



FOR



FRENCH FRIES

SWEET POTATO FRIES







LOLLY Jar

FROZEN GRAPES



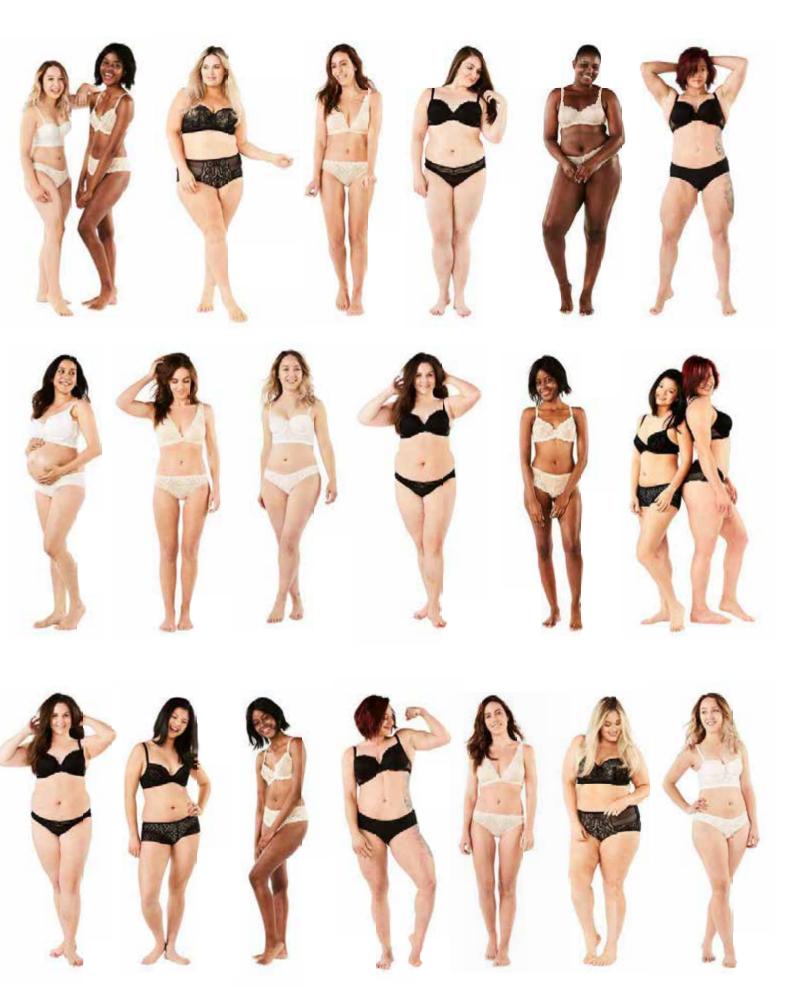
FOR



PIÑA Colada

VODKA, LIME A and soda

TONED









DON'T FEEL CONFIDENT

in a bikini





Newsflash: Every body is a bikini body.

Cosmo asked 500 of you to answer some very intimate questions about your bodies

— and the results show we need to add some confidence to our step and embrace what our mamas gave us ◆▶

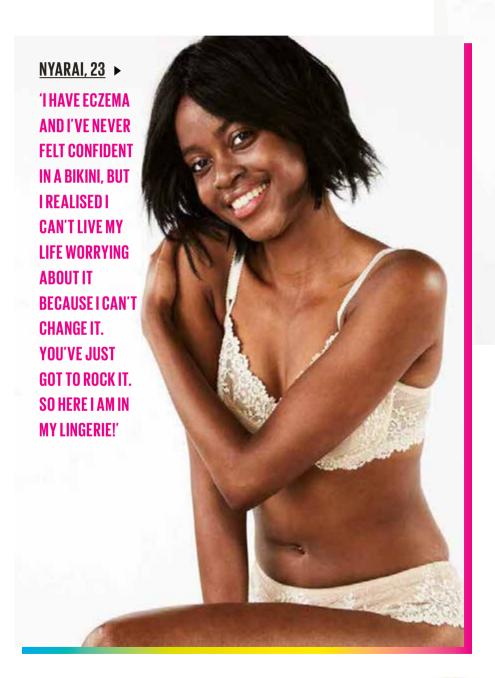


★ We here at *Cosmo* harp on about body love a lot – and it seems we need to. Our recent survey showed that most of you are not living your best life because you're not 100 per cent comfortable in your own skin. We hear time and time again and we know it to be true – that the moment you stop giving a f*ck about what people think and start embracing who you are, life gets better because you can truly enjoy it. So go on, switch on the lights when you have sex, flaunt what you've got in a bikini and quash those negative thoughts once and for all. Just look to these nine ladies for inspo; they threw their worries out the window and stripped down to their lingerie for us. And how frickin' incredible do they look?



of you have negative thoughts about your bodies







🦫 80% of you don't have Brazilians downstairs! 🥥



MOPOLITAN • DECEMBER 2017 115

'I'm proud of the fact I'm a curvy girl, and it's got me to where I am today. I haven't had to be a certain shape or size to do what I want to do – model. I love that the female form comes in so many different shapes and sizes; we are all beautiful.'



Only **1 in 5** of you feel completely comfortable having sex

(PSA: CONFIDENCE IS SEXY IN THE BEDROOM)



of millennials would NEVER get nude in front of strangers at the gym

50% OF YOU HATE YOUR TUMMY THE MOST



(THAT'S NOT ENOUGH)

KATE, 30 'WHEN I WAS A TEEN. I WAS **NOT VERY** CONFIDENT WITH MY BODY. **BUT THEN MY MUM** SUGGESTED **TAKING UP BELLY DANCING.** I'VF NFVFR LOOKED BACK. IT'S MADE ME **REALISE HOW AMAZING OUR BODIES ARE.** I'VE LEARNT TO **EMBRACE MY BELLY AND ALL** OTHER SHAPES AND SIZES. **NOTHING MAKES ME FEEL SEXIER THAN** DANCING.'





aren't comfortable having sex with the lights on, no matter who it's with



GOOD TO KNOW HALF OF YOU ARE HAPPY TO GO MAKEUP FREE ALL DAY EVERY DAY

BRONTFY 23

'I love my smile and my bum, I'm really proud of it! I love chilling on the beach with my friends; being around them is an instant pick-me-up if I'm having a down day, which we all have sometimes — we're human.'

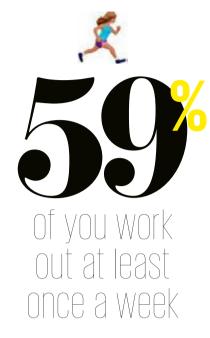




3 IN 5 SAY YOUR FAVOURITE FACIAL FEATURE IS YOUR EYES

of you love your boobs or legs (as you damn well should!)





THE MAIN MOTIVATION FOR YOU?

TO IMPROVE **YOUR FITNESS (58%)** AND BUILD **MUSCLE (32%)**





22% OF YOU HAVE HAD OR WOULD LIKE TO HAVE BOTOX



🔼 45% of millennials aren't cool with being naked 🎑







'A stranger stopped me in the street one day and said I look glowing and radiant, which was lovely – a compliment can go a long way. My mother always told us to love our bodies just as they are and I hope to pass that on to my children.'



*YAS KWEENS!

33% of you feel your body is most like Hilary Duff's strong bod

120 COSMOPOLITAN • DECEMBER 2017





82% of you would change something about your teeth

AND **58%** OF YOU HAVE CONSIDERED GETTING THEM FIXED





TPOWERLIFT AND THAT MEANS I **CAN MAKE MY BODY LOOK AS** STRONG AND AS **BUILT AS I WANT** IT TO BE. AND IN THE SUMMER IF I WANT TO DROP A LITTLE BIT OF **WEIGHT AND LOOK A LITTLE MORE SCULPTED** FOR SWIMMERS. I CAN DO THAT TOO. I LOVE MY **THICK THIGHS AND MY STRONG BUM BECAUSE** THEY MAKE ME A STRONG WOMAN.







'I always get compliments on my blue eyes so I'd say they're my best feature. If I'm having a "bleugh" day, I do something I enjoy, like singing and dancing around the house, and I feel good.'

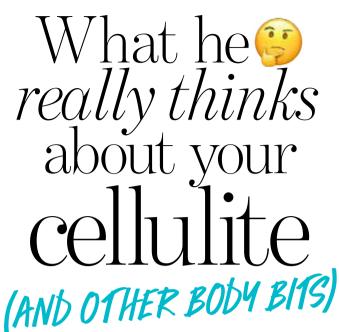


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We try all sorts of wizardry to look good naked — but why do we bother?! Cosmo hit the streets to ask some men what goes through their heads when they see us naked. Hint: it's 99.9% 'Hell yeah!'

CELLULITE

'To be honest, I wouldn't even notice it on a girl. If they have a nice smile and a fun personality, anything of that nature becomes irrelevant to me.' – MITCH, 22

'I think cellulite is a natural part of the female body. I know that a lot of girls worry about it unnecessarily but I actually find it quite sexy.'

- OLLIE. 24

STRETCHMARKS

'I've never heard of anyone breaking up with a girl over stretchmarks; it's just not something guys even think about.' – MICHAEL, 28

'Girls overthink this one – we really don't even notice them.' – PETE, 31

SMALL BOOBS

'I love them all. I've never once thought that boob size relates to a girl's attractiveness. There's so much more to a girl than just having big boobs.' — MITCH, 22 'Bigger doesn't always mean better. Sometimes I actually prefer small boobs.' – PETE, 31

UNEVEN BOOBS

'Honestly, guys are just happy to get your bra off.' — DEAN, 29

TUMMY ROLLS

'I find tummy rolls more attractive than abs on a airl.' – OLLIE. 24

'Most of us blokes love a little belly, it's cute!' - MICHAEL, 28

BIG BUM

'A big bum on a girl... isn't that just normal?' – DEAN, 29

NO THIGH GAP

'I almost prefer it when a girl doesn't have a thigh gap. Girls look better in bikinis when they have strong legs without a gap. Strong over skinny.' – MITCH, 22









Embrace vibrators

Sex isn't just about pleasing the guy (duh!) so if you need a little more fulfilment down there, don't be embarrassed about introducing a helping hand - the battery-operated type. 'If you sense your guy might be a little hesitant about it, start with something small like a clitoral vibrator,' says Dr Goldstein. 'Then explain to him how much better this is going to make you feel.

Own it. Tell him that by just adding it to your repertoire, you'll scream your head off and gush to the other side of the room. He isn't going to deny you that.'

Get on top

We all know what happens when we bend over - our stomach rolls can multiply and our boobs hang out. But a confident woman doesn't give a flying f*ck. Why? Because the grind feels so damn good. 'Whatever the

fear: It turns out you don't actually

confidence in the bedroom. 'Being

your body, what you do and don't

have to be Megan Fox to ooze

confident comes from knowing

like and expressing that,' says

sexologist Dr Nikki Goldstein.

'While you might be worrying

gals get down in the bedroom.

about your stomach rolls or coming

on too strong, trust me, guys are

just happy to be having sex.' Note-

book at hand? Here's how confident

WORDS BY MORGAN REARDON. PHOTOGRAPHY BY CHRIS CLINTON

enjoy it but avoid it because

you're worried about what a

man thinks about your body,

then don't - I can assure you

he isn't focusing on it. All he's thinking is, Yes! I'm having

sex right now. Taking charge and doing the positions you

Forget being a French maid

or a naughty nurse - instead,

want - that's confidence,'

says Dr Goldstein.

Dress up

sex & relationships



TURN THE LIGHTS ON

If you're guilty of switching them off just before you strip down (most of us do) - stop it! According to Dr Goldstein, leaving the lights on gives you the chance to connect with your partner. 'If the lights are off, you could be sleeping with anyone. I'm attracted to my partner, I want to see his body, look into his eyes and connect. Best of all, you want to see the faces they make when they're enjoying themselves.'

other women. Instead, just remember that if their sex and relationship were a better match than yours, they'd still be together - and they're not.'

Lube up

Contrary to popular male belief, we don't drip like a tap the second someone touches us. So rather than biting your tongue through painful sex, take charge from the start and lube up. 'There's still so much stigma around women using lube, but there shouldn't be,' insists Dr Goldstein. 'We want to enjoy ourselves just as much as our male counterpart, and that involves being wet. Using it is a sign of someone hugely confident because they're standing up for their sexual pleasure.' Plus you can pick your flavour!



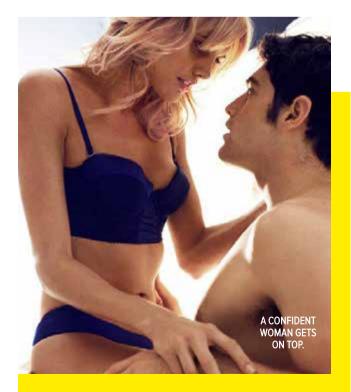
splurge a little and invest in some sexy lingerie. Nothing screams 'I'm ready for a night of passion' like a slinky bra and undies combo. 'So many women say to me, "Oh, I feel like an idiot dressing up," but you shouldn't. Showing yourself off in something sexy is a great confidence builder,' says Dr Goldstein.

Put on some porn

Raise your hand if you enjoy a good softcore porn session. Go on, don't be shy. Us too! It turns out heaps of us like watching it during solo play but shy away from the screen when it comes to getting our partner involved too. 'Women worry about their partner being turned on by a woman on screen who might be more toned or more "attractive" than them. But if porn turns you on, feel confident enough to introduce it into the bedroom every now and then,' says Dr Goldstein. It could inspire a whole new set of moves and positions. Win!

Stop comparing yourself to the ex

A confident woman knows her worth, so take a leaf out of her book and stop worrying about who came before you (literally). 'It's hard not to go to the place where you think, What was their sex life like? Was she better than me?' says Dr Goldstein. 'If you must, acknowledge it, own it and let it go. Asking your partner for validation is asking them to degrade their previous partner, and we don't want to be talking smack about



unflattering position might be - on top or doggie - if you



WE HAVE A TINDER TOT'

Four years after swiping right, Jade, 29, and Lachlan, 32, are engaged and have become parents to son Spencer

Why did you go on Tinder?

JADE: 'My housemates were on it and it looked like fun.' LACHLAN: 'To meet the right girl. It's much faster chatting to 10 girls over text than going on 10 dates, not to mention cheaper.'

What attracted you to their

J: 'He was cute but I thought he was too good looking and would probably be a player.' L: 'She was the hottest girl on there.

So, who made the first move?

L: 'I did, but I'm not sure what I said. I don't think it was very convincing because I didn't get a response for a while.'

J: 'We chatted for a month or so before I finally gave in, but then I cancelled our first date. Luckily, he was persistent and rescheduled before I had the chance to back out again!'

Where was your first date?

J: 'We shared tapas and drank far too much red wine at a bar. I remember thinking it was cute that he was going to such an effort trying to impress me.'

Lachlan, what was your first impression of Jade?

L: 'That she was the perfect girl for me.'

Did you kiss on the first date?

L: 'Yes, I clumsily asked for a kiss goodbye.'

J: 'He was a gentleman!'

When did you go on your second date?

L: 'The following Saturday.' **J:** 'We ended up having three dates in a week and I bought him a watch on date three. Did someone say stage five clinger?!'

When did you become 'official'?

L: 'About two weeks in. I emailed asking her to be my girlfriend.'

What was the moment you realised they were The One?

J: 'Instantly! We moved in together within six weeks when you know, you know.' L: 'End of the first date when we kissed goodbye.'

Tell us about your son, Spencer.

J: 'Spencer arrived in March this year. He's the funniest







'I REMEMBER THINKING IT **WAS CUTE HE WAS GOING** TO SO MUCH **EFFORT'**

little thing and has turned our world upside down! We know how babies are made so it wasn't exactly a "shock", but we certainly didn't expect to be having a baby before our wedding!'

What do you love most about your partner?

L: 'She's beautiful, intelligent, caring and the best mum that Spencer could hope for.' J: 'He's kind, generous, caring and ambitious. He's also a huge family man, and a wonderful dad. Watching him with our son makes my heart explode.'

Do you tell people that you met on Tinder?

J: 'Yep! We're proud that we #swipedright. In fact, a girlfriend of mine joined Tinder after seeing how happy Lachlan and I were. She's now married to her Tinder date too.'

What is your advice to someone looking for love on Tinder?

J: 'Have zero expectations - you may be pleasantly surprised.'

Where do you see yourselves next year?

J: 'Married! We're making Spencer legitimate in March.' L: 'Driving through Italy and Paris on our honeymoon.'

WE'RE ENGAGED!'

Mel, 28, and James, 33, have a fur baby and a hair salon together after three years of dating

What were your first impressions?

MEL: 'I thought, How has it taken me five weeks to meet up with this handsome babe? His photos didn't do him justice.'

JAMES: 'I actually thought she was a bit standoffish on our first date.'

When did you become 'official'?

M: 'Three weeks after our second date; we were inseparable after that.'

What was the moment you realised you had found The One?

M: 'I knew James was a keeper when he surprised me with a French bulldog puppy and asked me to move in with him. I knew he was my forever.'

What do you love most about them?

M: 'James is so loving and supportive. He has helped me follow my dreams and has invested in my dream of buying a hair salon. We are now the proud owners of Fringe on Crown in Surry Hills, Sydney.'

J: 'She's kind and caring; she once passed a homeless man in the street and made me go home and choose one of my jackets to go back and give to him.'

James, how did you propose?

J: 'I snuck the ring with us to New Zealand and while she was getting ready for dinner, I ran down to the beach and wrote in the sand, "Will you marry me?" then coaxed her down there and said, "What's that on the sand?" When she saw it, she started crying and I dropped down on one knee and proposed.'



sex & relationships

'I MADE THE FIRST MOVE'

Candi. 28. 'Super Liked' Andy. 30. and had him at hello. They now live together after dating for nearly two years

Why did you go on Tinder?

CANDI: 'I'd just moved here from the UK so it was good to meet people.'

ANDY: 'I was heartbroken from a long-term relationship and was finally ready to get back out there.'

How many dates did you go on before seeing each other?

C: 'A lot! I was on Tinder for two and a half years before I met him.'

A: 'Around four.'

What attracted you to their profile?

C: 'He had a dog in his profile picture - works every time.' A: 'She Super Liked me so her profile jumped to the front of the line.'

Who made the first move?

C: 'After Super Liking him, I said "hello". Why not? Girls can make the first move.'

Where was your first date?

A: 'At a bar on a Saturday.' C: 'Typically I have a rule that I don't date on weekends 'cos that's time for my friends, but I made an exception. When the afternoon rolled around I couldn't be bothered going, but my roommate made me.'

A: 'A couple of drinks in, I realised I really liked her and gave her a kiss. We didn't want the date to end so we went for dinner and then had breakfast the next day. It was raining, so I lent her my favourite jumper and she wore it home. That way she had to see me again!'

What was your first impression?

C: 'Great, he's not short!' A: 'I thought she was cute.'

Where did you go on your second date?

C: 'A different bar, about a week after our first date. I was really excited to see him.' A: 'I actually thought she was standoffish. I left thinking I'd

totally blown it and wouldn't

be getting another date.' C: 'I didn't realise I was being like that, I had a great time.'

When did you become official?

C: 'Around eight weeks after we first met. We went to the Hunter Valley, NSW, with my friends and I realised we had something pretty great.' A: 'She pulled me aside and said, "I wouldn't hate it if you wanted to be my boyfriend." She took the lead again! From that day on we were a couple.'

Candi, when did you realise he was The One?

C: 'In the UK you always buy a hat when you get invited to a wedding, so my best friend and I would text each other "buy a hat" if a date was going well – and I messaged her that during our very first date just after he kissed me.'

What's your advice to someone on Tinder RN?

C: 'Don't be afraid to make the first move.'

TINDER TRIVIA TIDBITS YOU CAN USE TO BREAK THE ICE!

Go on, get swiping. With odds like these, you can't lose!



Australians swipe 22 billion times a year.



1.6 billion swipes occur per day.



26 million matches are made per day.



20+ billion matches

have been

made.

Used in over 190 countries.



Swipers go on 1.5 million dates a week.



It only takes one swipe to find The One.



SOS! My fiancé has awesome style when he shops for himself. But all the gifts he picks out for me are hideous. How do I tell him?

A: You don't. Hate to say it, but the thought does count - and he is trying - so criticising his unfortunate taste will just come across as ungrateful. Instead,

steer him towards better choices. In the lead-up to holidays and birthdays, drop obvious hints like giant breadcrumbs he can pick up as he hunts for presents:

GURU, LOGAN

HILL

'I wish I had a nice wallet... Chance the Rapper is coming to town, but the tickets are so expensive... You know what's underrated? Gift cards. Nobody ever gets me gift cards anymore...' Unless he's totally oblivious (be warned, he may very well be), he should get the message.

PURSUE ME MORE SERIOUSLY AGAIN?

A: If he doesn't want anything deep, you can't force him to get real. And trying is usually just a big waste of time. However, you can be clear about your own expectations. Next time you talk to him, propose a proper

date that can't be confused with a lastminute sex request, like meeting before the sun goes down at some place other than a bar. Then be blunt about what you're after: 'I know we're just getting to know each other, but I'm looking for more than a casual hookup. Are you?'

sex & relationships

THE GUY I'M SEEING IS SO CHATTY OVER TEXT, BUT TOTALLY CLAMS UP IN PERSON. IS THERE A WAY TO DRAW THE MORE TALKATIVE VERSION OF HIM OUT OF HIDING?

A: Only more IRL interactions will tell. Some guys are shy and need a while to get comfortable and loosen up in front of someone. Others are nothing but thumbs: super expressive and engaging via text, but not so much when they're face to face. Give him a few more dates to settle in and show you who he really is. And in the meantime, keep texting - your backand-forth banter is definitely helping.

MY BF AND I HAVE BEEN TOGETHER FOR THREE YEARS, BUT WE HAVEN'T SAID 'I LOVE YOU'. IS THAT WEIRD?

A. That's a long time. If you love him. you should say so! He could simply be nervous to sav it first. Or it's possible he's not there yet. If that's the case. wouldn't you rather know now than invest more time wondering?

Does my hubby really not notice when he adjusts himself in public? He does it all the time, and it's so embarrassing!

A: Nope. He's acting on pure animal instinct, like a baboon scratching his arse. You have to call him out in order to alert him to this. Say something that sends a message loud and clear, as in: 'Babe, the whole room just saw you adjust yourself! I know your pants can barely contain your massive manhood, but can you please act like you weren't raised in the jungle?' That may inspire him to be a bit more discreet when it comes to rearranging in front of others.



MY GUY FRIEND TELLS OTHER DUDES WHO HIT ON ME THAT I'M TAKEN, YET HE SAYS TO ME THAT HE JUST WANTS TO BE BUDS. WHAT GIVES?

A: I've known guys to run interference like this for at least three reasons: One is brotherly love. He doesn't think these dudes are good enough for you, so he's acting all protective. Two, he has a secret crush. He wants you but can't admit it - maybe not even to himself. Three, he's possessive. He doesn't want to be your boyfriend but still wants to be the only man in your life. None of these motivations are acceptable because he's butting in without your permission. Tell him to knock it off. It's your right (and only yours) to shoot guys down... or pick them up.

l don't talk to my ex, but he keeps writing our special song lyrics in his Instagram captions. Is this an invite to get back together?

A: Um... who cares? Seriously, even if this is his vague, odd and indirect way of reaching out, you don't want to be with a guy who's so passive aggressive that

you're not even sure if he wants you back. If he's looking to be with you, he should man up and stop playing socialmedia games. Hold out for a DM or phone call before giving this guy another thought.



Hill is a contributing writer for US Cosmopolitan.



Kate Couttas felt like a 'weird. defective twentysomething' when, at 26, her V-card was still in play...

▶ WHEN I became a bornagain Christian at age 15, sex was the last thing I was thinking about. I'd developed an interest in boys, but it was more in that unrequited love, daydreaming about kissing behind the demountables at school kind of way. My friends and I were still too scared to tell each other when we had crushes, let alone had the kind of confidence to take anything further than a flirty look and a shy smile.

I got my first boyfriend at 20, and had two years of frustrating make-out sessions that never got beyond a boob grab. And then, at 24, something shifted. The Christian belief system didn't feel like 'mine' anymore. After my first trip to Europe (and the only three months I hadn't attended church since I had started), I drifted away from this lifestyle I'd been in for all my formative years.

To say getting into the standard twentysomething life was a shock to the system is putting it mildly. I'd been abstaining from not just sex, but alcohol, partying, the lot.

Playing catch-ups when it came to long, drunken party nights was easy. But the one area I couldn't throw myself into was sex. For someone who hadn't even seen a penis IRL yet, that was pretty damn

confronting. I basically put losing my virginity on the shelf for a year and focused on getting my life groove back.

Then I developed a deep, all-consuming crush on a guy I worked with - we'll call him Retail Boy. After months of dancing around each other, we finally hooked up one night, went back to his place, started to get naked - and I blurted out that I hadn't had sex.

'Wait, so you're a virgin? Aren't you 26?' he said in the kind of shocked tone you don't want to hear in the bedroom.

'Uh... yeah,' I replied, and gave him a bullet-point version of my story. We made out a bit more, and I went home assuming all was fine because OBVIOUSLY if a guy wants to lock lips with you after that confession, he is totally into you.

Wrong. The next day at work, he told me he 'couldn't do the virgin thing'. HOLY HELL JUST RIP OUT MY HEART, IT'D HURT LESS. It wasn't just the fact I'd been rejected by my one true love, it dug deep into my soul and brought up a sneaky little fear I'd been hiding. A fear that said, 'No one will want you, because you're still a virgin.'

I was stuck. I wanted to have sex, absolutely, but I also knew that if I rushed into it, I'd risk emotionally wrecking myself. Even though I'd left my beliefs from church behind, sex still meant something to me – at least, my first time did. Given all my new, nonchurch friends were doing it, talking about it and taking a drink for every question during Never Have I Ever, I felt like this weird, defective twentysomething.



HIDING THAT SAID, "NO ONE WILL WANT YOU BECAUSE YOU'RE STILL A VIRGIN"

Turns out, I just had to wait another six months. I ended up meeting my next boyfriend right after Retail Boy broke my heart. I was fully prepared for him to have an issue with my virginity situation. Surprisingly, though, when I brought it up on the fifth date he had zero issue.

When we finally did have sex, it was nothing like what I'd expected. I mean, all my friends had lost their V-cards as teenagers - their stories

were about pain and awkwardness and guys orgasming in under a minute. The bar was set pretty low, so I was well and truly surprised when my experience was a little bit of discomfort, a LOT of pleasure and an orgasm - primarily because I was having sex with

someone who'd already been doing it for a decade.

We ended up breaking up and I was quickly thrown into the dating world - and casual sex. I honestly thought, given my upbringing, that I'd have heaps of hang-ups about sex, needing it to be with someone I love and all that, but I took to casual sex like a duck to water. I didn't become a sex maniac or anything, but in the several years since I became sexually active, I've had many casual flings, f*ck buddies and one-nighters.

It also took me only a year or so to feel 'caught up' to my friends and be able to win (lose?) Never Have I Ever. You know what really threw me? Once I started being open about my recently-lost virginity, I found out loads of my friends had sex hang-ups similar to mine. One had been in a long-term relationship through her early twenties, and at 27 found herself single again - with only one sexual partner behind her. Another was still with her first love, and had only ever slept with him. Basically, I was never alone in my fear of being the 'weird' one who didn't know shit about sex. There were all these women feeling similarly - we simply weren't talking about it with each other.

If I could go back in time to when I was 15, get myself

a high-school boyfriend and lose my virginity in his single bed, honestly, I would. It's not a deep regret, though - more that it's

an experience I think I missed out on. But that being said, if there's one thing my story's taught me, it's that shit just has a way of working out. And if you think your sitch is weird as hell, a ton of people are having a similar - if not the same - run in life as you. And that's comforting.



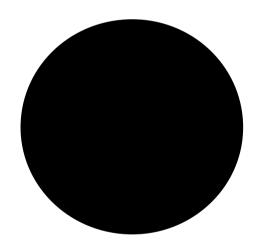
No-BS responses to guestions you can only ask Cosmo





O Do I have to tell my doc my sexual orientation?

You don't have to, but in this case, sharing is caring for your girl parts. 'Your sexual practices may influence how your doctor does your exam,' says ob-gyn Dr Allison Hill. For example, a gynaecologist may use a smaller speculum on a lesbian who doesn't engage in penetrative sex. It's also worth speaking up about it unprompted since, strangely enough, your doc probably won't ask. A new study published in JAMA Internal Medicine revealed that while nearly 80 per cent of doctors said they didn't think patients would want to disclose their sexual orientation, in fact, only 10 per cent of people said they would refuse to give it if they were asked.





Q I know I'm supposed to pee after sex. but what about after using my vibrator?

Yes. Just like a penis, a vibe can push any bacteria on your skin (or the toy itself) into your urethra, where it

can cause a urinary tract infection, says Dr Hill. If your bladder is full when you're buzzing, you're even more likely to get a UTI, because any germ build-up hasn't been flushed out since your last pee. The simple solution? Go to the bathroom before your session and right after you're done. Clean your toy after each use with mild soap and warm water or an antibacterial toy cleaner, so you're less likely to bring about the burn.





Why can I not stop talking - I mean, it's serious TMI - after sex?

Blame it on evolution: we're designed to blab our deepest, darkest feelings post-deed to facilitate attachment, which helps ensure the survival of our offspring. Chat away just don't go overboard with your confessions if you are sleeping with someone new. 'Talking about emotions after sex should be reciprocal and gradual,' says Gurit Birnbaum, who has studied post-sex oversharing. Too much too soon can backfire. If your partner's response seems meh, it might be a sign that he's less interested in taking things to a deeper level. Some men aren't quick to discuss feelings... Others just need recovery time.





• How do I get my guy to go down on me more often?

One new study found that while oral sex on a woman is one of the most common predictors of orgasm (love you, clitoral stimulation), it's also one of the least practiced sexual acts among couples. The encouraging news: 'A guy is more apt to try something if it's fun and he knows you're going to get pleasure from it,' says sex therapist Dawn Michael. So turn foreplay into a hot game for everyone involved. When it's your turn, you get to have whatever you ask done to you, and then on his turn, he gets the same deal. When he's downtown, be sure to show him how much you like it through your moans. He'll be so turned on by turning you on, he might just take up residency there. Not a bad thought...



What's the best hands-free sex toy?

Designed by women, Eva's arms nestle between your labia for a snug fit against your clitoris, leaving your hands free for other stuff. Eva by Dame, \$169.95 (aphrodites pleasure.com.au).



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gift guide

















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HOURS OF LOLS

Looking for a new show to binge on? Look no further than Stan's newest comedy, SMILF! About a twentysomething single mum trying to live her life while creating another, SMILF is a candid and frank comedy that'll crack you up. Stan.com.au/watch/smilf.



GUILT FREE

Aussie Bodies' new Lo Carb Whip'd allows you to enjoy a quiltless moment every day. With four ice-creaminspired flavours to choose from, this choc-coated protein bar - low on sugar and low on carbs - screams indulgence without the kilojoules! RRP \$3.99 (60g), \$2.59 (30g), Aussiebodies.com.au.



HEEL HAPPY

Nothing in life is perfect, right? Wrong! Novo's platform stiletto takes you from the bar to the club this party season. In silver or rose gold, this stiletto perfectly enhances any outfit. RRP \$69.95. Novoshoes.com.au.



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INDEPENDENT INSIDER

Group travel has been reimagined! Contiki's newest way to travel takes you to some of Europe's trendiest destinations, designed with ultimate freedom in mind.

RRP from \$819, Contiki.com/ independent-insider.





To find some peace and quiet away from the city, **Keshnee Kemp** couldn't go past some luxury digs in relaxed Hyams Beach

Know the kinds of beaches that pop up on Instagram repeatedly? You've double-tapped them about a billion times – as have your friends. Hyams Beach is one of those beaches, guaranteed. Hard to believe it's only an easy threehour drive south of Sydney!

I bundled into the car and pumped the music as I made my way down the stunning south coast. From the minute I arrived in the sleepy seaside town of Hyams Beach on the shores of Jervis Bay, I could smell the salt air. It's quiet, still and so relaxing. Forget the filters, it's impossible to take a bad shot of this place.

I stayed at one of the best beachside properties in Australia - yep, I'm calling it - Horizons at

Hyams, and listened to the water lapping the white-as-snow sand while sipping cocktails. The house has everything you need for an unforgettable getaway fireplaces, an infinity pool, four massive bedrooms and views of the beach from every single room. Even the laundry.

While in town, take a drive around Jervis Bay to the other gorg beaches. There's so much photo content you'll have plenty for Facebook, too.

Stay at: Cyrus 54 -Horizons at Hyams. (Cyrus St, Hyams Beach NSW. The Holidays Collection, 0244 430 242, Rentals.holidayscollection. com.au). You won't regret it!





Eat at: Hyams Beach Café (Hyamsbeachcafe.com.au) or stock up and utilise the beach house's killer BBQ.

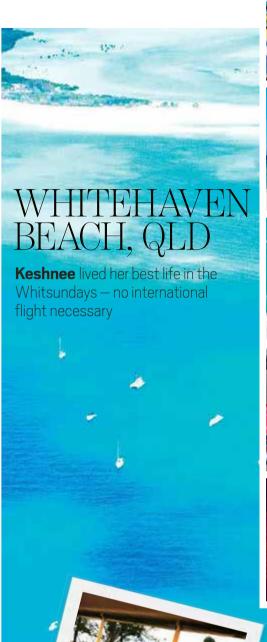
Relax: On the beach via your private access (duh!).

See: Whales! Dolphin Watch Cruises (Dolphinwatch.com.au) offers two-hour cruises from Jervis Bay to see whales, dolphins, seabirds and turtles. Plus there are photo opps galore amongst the tall cliffs and sandy beaches.

Do: Stand-up paddle boarding (Jervisbaystanduppaddle.com.au) is an awesome way to explore, and gets you a bit of a fitness fix while you're at it. Abs, come at me.

Photo opp: Walk through from Hyams Beach Village to Chinamans Beach – it's famous for having some of the whitest sand in Jervis Bay and looks unreal at sunrise (if you can drag yourself out of bed that early, that is!). Worth it.

travel













The cocktails at Walter's Lounge – made even better by the view (left)!

We're pretty frickin' blessed to live in Australia but we often trade local trips for jaunts overseas - which is something you won't do again once you experience Whitehaven Beach in the Whitsundays, 'cos it's really something else...

We flew in to Hamilton Island (where getting around via golf buggy is completely acceptable, FYI) and then travelled by ferry over to the gorgeous Airlie Beach on the mainland - the perfect place to stay for access to all the Islands. This place has everything you could possibly need, including a killer restaurant called Walter's Lounge.

We checked in to the Coral Sea Resort (Coralsea resort.com), a top-notch oceanfront experience with some seriously luxe facilities (no really... private dining seaside gazebo, anyone?).

We spent our first day sailing on the unbelievable Providence sailing boat (a classic 62-ft gaff-rigged schooner) to Whitehaven Beach. Wow. Just wow. You know how people post photos of the Maldives and you think, Omg, one day for my honeymoon I'll go there!? Well, quit being ridiculous because Whitehaven looks EXACTLY like that - only

it's a two-and-a-half-hour flight away from Sydney. Who needs the Maldives, am I right?

On day two we caught an Air Whitsundays seaplane out over the Whitsunday Islands for a snorkel in the reef before landing just off Whitehaven again. We're baller like that. Local tip: The sand contains a superhigh quantity of silica – so exfoliate while you're there and glow on for weeks.

Stay: Coral Sea Resort (Coralsearesort.com). To-die-for views, awesome food and I'm-on-holiday vibes that'll stay with you.

Eat: Walter's Lounge (Walterslounge.com.au). An awesome place named after the owner's beloved dog. The chef's shared tasting menu is out-ofthis-world good!

Experience: **Whitsunday Mustangs** (Whitsundaymustangs. com.au). You can hire a cool vintage Mustang and check out Airlie Beach by road. ••

I'M FULFILLING MY MALDIVES DREAMS A LIMILE CLOSER 10 HOME



Think you have to leave Australia to find some warm weather midyear? Well, think again! Port Douglas, a one-hour drive from Cairns, is your place for a taste of that beautiful tropical weather year round. Stepping off the plane on an August morning and feeling that tropical heat could not have been more welcome. Long summer-like days were filled with adventure and relaxation, and easily turned into lazy nights sipping cocktails. The reef and rainforest surroundings make this place a must-visit!

Heading out in a luxe lagoon vacht is the most relaxing and photogenic way to explore the reef. On Tropical Journeys' Aquarius yacht (Tropical journeys.com), I had tons of room to lie about and enjoy the sun. Once we hit the outer reef we were able to snorkel straight off the back of the boat. It was spectacular - full of Nemos, giant clams and bright coral.

On my second day I headed off on a Jungle **Surfing Canopy Tour** (Junglesurfing.com.au) through the Daintree Rainforest with superfriendly tour quide Geoff perfect if you're after a bit of adventure. It's the best way to get up close and personal with this incredible rainforest and Cape Tribulation, a prime photo spot where the rainforest meets the reef. Once we hit the heart of the Daintree we were met with platforms, ziplines and the world's first Human Hamster Wheel cable lift.

Not one to shy away from a thrill, I ended the day with a Daintree river cruise where we cruised right up to crocodiles - a once-in-a-lifetime opportunity, but a scary one at that.

WET YOUR WHISTLE

THE POOLS AT

SHERATON

GRAND MIRAGE

ARE INCRED

Barbados (Barbadosportdouglas.com.au).

Possibly the coolest place in PD! Get the antipasto board and 'The Dodo Bird' cocktail - grapefruit vodka, elderflower and ginger beer!



WHERE TO EAT

Salsa Bar & Grill (Salsaportdouglas.com.au).

A Port Douglas institution, the vibe is fun and the soft shell crab is a winner. Oh, and the pasta dishes are huge! The experience is made even better by the friendly staff. Speak to them about cocktails - they'll do anything to make sure you have something that caters to your tastebuds. The watermelon and lychee mojito is definitely my pick.



CASSIDY LOANE GOT HER CHILL ON IN HIPPIE HOTSPOT BYRON BAY'S BEACHSIDE HAVEN

Known for its hippie culture, this beachside town is the perfect place to relax by the water. Everyone is friendly and keen for a chilled chat, from restaurant owners and waiters to the locals you come across when having a cheeky afternoon drink.

After waking up to a hot Byron morning, I managed to pull myself out of bed for a walk up the coastal track to the lighthouse, sitting on Australia's most easterly point, to watch the sunrise (yep, it was that early). It's a pretty epic experience watching it peek over the Pacific and light up the sky, definitely helped by the incredibly luxe picnic breakfast set up by Wild Goat Events (Wild goatevents.co). I was handed a muchneeded coffee and I snuggled under some blankets to enjoy the view and my breakfast – a three-course meal of delicious handmade treats. The Mediterranean breakfast wrap was next-level incredible.

Wategos Beach is adored by the locals and you can really see why. I started with a Bloody Mary at Rae's (Raes. com.au) overlooking the beach (a must after the early wake-up) then headed down to the

After soaking up the sun at the beach, I headed to The Roadhouse (Roadhousebyronbay.com), for a tasty lunch made with local produce, where I enjoyed a Mezcal Kombucha or four as the afternoon set in and sat chatting to one of the local shop owners in the sun. Their take on nachos is out-of-control good but as their menu changes constantly, you may find some other tasty treat.

water for a swim in the surf, surrounded by dolphins. Don't forget to take a waterproof case to really nail that shot!

INDULGE The Byron at Byron Spa (Thebyronatbyron. com.au). Wind down with a massage, a glass of Prosecco and some chocolate-covered strawberries! Before

your treatment, relax in

the bright blue-lit spa

that's perfect for pics.



Eat, drink and be adventurous...

THIS BEACH IS **EVERYTHING** I NEEDED...



DRINK

Balcony Bar & Oyster Co (Balcony. com.au). The mango piña colada and chilli crab linguine is the perfect start to your weekend away.



Light Years (Light yearsbyron.com). The wontons will blow your mind, plus the place is perf for a food blog shot thanks to its pastel interior.



ADVENTURE

Go Sea Kayak tours (Goseakayak byronbay.com.au). Owned and operated by local surf lifesavers who will take you out to spot turtles and dolphins.

STAY: RAE'S ON WATEGOS

EVERYWHERE YOU LOOK IN THE PRIVATE VILLA ACCOMMODATION IS A PHOTOSHOOT WAITING TO HAPPEN - NOT TO MENTION IT'S THE PERFECT MIX OF CHILLED AND FANCY!









Qut-of-the-way beaches are some of the best around, as Cassie Longworth discovered in quaint Robe

To be honest, I'd never heard of Robe before – it's such a small seaside town, and that's where its appeal lies. All the must-sees are close together in the town, and the food is the best of the best. The small-town vibe means the locals are super friendly. Josh, the owner of No.4 cafe (No4.com.au), took me on a sneaky 4WD tour around Robe where I really got to know everything about this beautiful place. Make sure your hire car's a 4WD so you can cruise along Long Beach - they have surfing events on the beach so you should get out and explore. Plus the views are incredible.

Stop off at Sky Seafoods (Skyseafoods.com.au) and look at the enormous lobsters and crabs.

I was lucky enough to hold a 3kg lobster (while screaming in fear) for some fun Insta pics - oh, and then I ate some. This tour was definitely the highlight of the trip!

Near Mount Gambier Airport is the Umpherston Sinkhole something you don't see every day! It's a massive sinkhole that's been made into a magical garden. Factor in time pre-flight to have a look over the side into the hole, then walk down the spiral staircase through to the garden.

Stay: Caledonian Inn (Caledonianinnrobe.com.au). This quirky pub and restaurant includes beautiful cottages for accommodation and is perfect

for a family trip or, if you're like



me, a volo girls' weekend away. Outside the cottages there is a beautiful garden, where you'll get the best pics with the beach in the background. Wander down the pathway from the garden and it will lead you straight to the beach for a dip.

Eat: No.4 (No4.com.au). For breakfast, you can't go past this place. Owner Josh insisted I try a plate of Robe lobster scrambled eggs (I was easily convinced). I swear, this was the best breakfast food I have ever tried in my life. Bonus points for Josh: the cafe is dog friendly *squeals*.

Drink: Karatta Wines (Karattawines.com.au). I'm a sucker for a great glass of vino, so I had to stop by and do a wine tasting. How was it? I left with 12 bottles of wine... sorry, liver!

Health: Yoga Pam (Yogapam. com.au/robe). It was so nice to take time for myself with some stretching and Dru-style yoga.



This South Australian island delivers solitude in the form of empty beaches, long, winding roads and limited reception. For a workaholic looking to recharge, it was absolute bliss. From whitesand beaches, azure waters and wave-surfing dolphins to roaming echidnas and dusty outback tracks, the

> With a huge array of fresh local produce, the foodie options were endless, and the sheer number of wineries and breweries made my heart sing. Ah, take me back!

place is frickin' magical.

Stay: LifeTime Private Retreats (Life-time.com.au). It's all well and good to have sandy feet and salty skin as you explore, but when I want to relax, I want a little luxury. Boy, did the Settlers Homestead deliver! Lying on the couch, overlooking lush green lawns with kangaroos and wallabies come sunset, you get an uninterrupted view of the beach a stone's throw away.

Experience: **KI Marine Adventures** (Kimarineadventures. com.au). I've seen dolphins before... but the way they interact with this boat is so

special – the local pod seeks it out to surf the waves in its wake. Ask your captain, Andrew, to set up a good shot for you - he'll give you a dolphin on demand.

Play: KI Outdoor Action (Kioutdooraction.com.au). I couldn't pass up the quad bikes, and it was about as much fun as you'd expect it to be (it's quad biking!). I may not have gone above 20km/h (safety first, and I'm a wuss) but I still felt the thrill of the ride through the Aussie bushland.

Eat: The Enchanted Fig. Tree (Hannafordandsachs. com.au). Dine by candlelight under the boughs of an enormous Fig Tree. It looks like a fairy tale. It tastes like pork that's slow-roasted for days. It feels a little bit like a wedding proposal...

Relax: Table 88 (Table88ki.com). It has a deck you'll have to be forcibly removed from after eating everything on the tapas menu. Get there just before sunset to see plenty of roos and watch the sun set over Stokes Bay. I did, and I'm still so relaxed I can't move.

THE DOLPHINS HERE JUST WON'T QUM! THIS MUM BROUGHT HER BUB 10 PLAY BEHIND THE BOAT

The Spicy Mojito

from KI Spirits will

off back at the

Homestead (left).



away by the view coming into Noosa - the so-blueit-looks-fake lagoon and pretty sand was straight out of my Insta feed.

On day one I woke up and headed down to the western end of Main Beach to meet Jimmy from Learn To Surf Noosa (Learntosurf.com.au) for a private surfing lesson. After getting the DL on all things beach safety, I headed out into the water for the real deal. I don't think I have ever laughed so much in my life! There's something magical about letting go of your inhibitions and

go. No matter how many times I fell off the board. I had so much fun doing it and it put me in such a fun, happy mood for the day ahead!

After the lesson. I headed to the Surf Club (Noosasurfclub.com.au) for the most delicious seafood platter ever, and an amazing view to boot! I spent the afternoon relaxing and soaking up the sun on my balcony.

Before I knew it, it was time for dinner at Boardwalk Bistro (Board walkbistro.com.au), a beautiful spot for couples in particular. Amazing

and the most incredible dessert (butter roasted pears with honeycomb I'm looking at you!).

The next day I was on a mission to explore the National Park and find the Fairy Pools. The walk is stunning, with little winding paths that take you to secluded beaches, trees, wildlife and a generally lovely atmosphere. After about 45 mins of walking and asking for directions, I finally found the pools (pictured above)! They. Were. Heavenly. Thank God for husbands of Instagram, am I right?



APEROL

SPRITZ?

MORE LIKE

TAKE MY

MONEY!

I love, love, love a spritz (I mean, don't we all?) and some of the best I've ever had are happily located in Noosa! Try The Boardwalk Bistro and El Capitano

- because you won't stop at one!



On The Beach Noosa (Onthebeachnoosa.com.au).

If your holiday KPIs include high levels of maxo-relaxo, food, sun and sea, this is the place for you, Located right in the middle of Hastings Street, you get the best of all Noosa has to offer, including amazing places to eat, cute boutiques to browse, the National Park boardwalk and, of course, beautiful Main Beach at your fingertips. The accommodation itself is so lush - they really think of everything to make your stay incredible.



Don't worry 'bout anything but your belly



Shearwater Restaurant (Heron island.com/eat-anddrink). The dinner menu changes every night, but the seafood buffet is well worth it.



DRINK

For sunset, head down to Baillie's Bar (Heronisland.com/ eat-and-drink) and enjoy the live music. The Toblerone cocktail is beyond!



EXPERIENCE

Book yourself on a snorkel or dive tour. I saw sea turtles, a lemon shark (I was assured they aren't interested in eating people), stingrays, coral and fish.

HERON ISLAND, QLD

NEED AN OUT-OF-THIS-WORLD REEF EXPERIENCE? SHARI NEMENTZIK KNOWS WHERE IT'S AT

Snorkelling with sea turtles, diving with sharks and sipping on a Toblerone cocktail at sunset is all in a day's holiday at Heron Island (Heronisland.com). Just a hop, skip and a ferry from Gladstone, QLD, you'll find this exclusive island where sea life and humans co-exist in peace and there is no reception. Before you turn the page at the thought of a holiday without social media, there is wi-fi available, but I can guarantee that updating your Facebook status will fall to the wayside when you see all that Heron Island has to offer.

I flew from Sydney to Gladstone, with a stopover in Brisvegas, and then took a ferry from the marina to Heron Island. The trip is only two hours and there's a bar on board - there's also the best gosh-darn scenery I've ever seen. Well, apart from Heron Island itself. It's a nobrainer why this is one of David

Attenborough's favourite places in the world. With sand as white as my winter legs and crystal-clear oceans as far as the eye can see, it's the perfect spot for a romantic getaway. It's on the Great Barrier

Reef, which means you can walk out of your room and swim among manta rays, reef sharks and sea turtles - humpback whales were spotted off the island a few days before we arrived!

Take a walk around the whole island (it only takes 20 minutes) and make sure you sign up for the Heron Island Research Station tour to find out more about the reef and get your hands wet in the touch tank (if you have the urge to know what sea cucumber actually feels like).

Wake up early and snorkel out to the shipwreck for an adrenaline-fuelled experience. You won't regret it (although it is a little spooky out there on

your own...).

THIS?

SNORKLE ALL AROUND THE

ISI AND

STAY: **HERON ISLAND RESORT**

YOU DON'T REALLY HAVE A CHOICE - THIS IS THE ONLY RESORT ON THE ISLAND! THE WHOLE PLACE IS SUPER ECO-FRIENDLY. SO YOU CAN ENJOY THE SURROUNDINGS GUILT-FREE.





An easy day trip for Melburnians and a perf weekend away for out-<mark>of</mark>-towners, **Denis Todorovic** recommends chilled-out Torquay

Located just out of Geelong, the Torquay/Bells Beach area is perf for a chilled beach weekend away. The beach itself has some pretty amazing surf and is close to many awesome places to eat, drink and shop. Victoria isn't super warm for a great chunk of the year, so you really want to head there between December and March.

The best thing about visiting Torquay is that you're literally at the entryway to the Great Ocean Road, a trip that, from Torquay up to Apollo Bay, can easily span a whole weekend of exploring killer beaches and cute AF little beach towns. You're also a 20minute drive from the waterfront city of Geelong and about an hour from Melbourne.

Stay: Peppers The Sands Resort (Peppers.com.au/sands).

In the heart of Torquay, Peppers is a super-chic resort with a very comfortable feel. Think supersized beds and room service from the hotel's restaurant, Hanners their pizzas are delish, especially the chicken! The Sands plays host to one of the best golf courses in Australia so if you or your man likes a hit of golf, go crazy. They also have a tennis court, which is free to use for all guests, and a fun morning activity for a bit of couple competition!

Eat: Señors (Senorstorquay. com.au). The perfect fusion of Mexican and Southern American diner vibes, Señors is a perfect





beachside dinner spot. I ordered margaritas and fish tacos. Yum!

Drink: Piano Bar (Pianobar.

com.au). I highly recommend popping into Geelong (no more than a 20-minute drive from Torquay) and heading to new hotspot Piano Bar for a big night of drinking and hilarious entertainment. Sunday night is the town's very first and only drag night. A guaranteed barrel of laughs, good music and killer cocktails to top it all off!

Experience: One of my favourite moments of the trip was making my way to Aireys Inlet (just after the entrance to The Great Ocean Road) for a visit to the famous Round the Twist lighthouse. Make your way there for sunset and take in the sweeping views of the beautiful coast, this gorgeous lighthouse and a fun trip down memory lane - I very cheesily sang the theme song the whole way down!



COMPILED BY CASSIDY LOANE



horoscopes

CAPRICORN

23.12-20.01

Time for some willpower, sister. Everyone's raging right now, but don't party so hard you lose track of your goals. Around the 10th resist FOMO for a zen night. On the 19th, you'll be recharged and ready to do something epic.

CAPRICORN GUY: He has a big opportunity. Be a sounding board while he sorts it all out.

AQUARIUS

21.01-19.02

Romance is imminent, but look out for less serious types. If you're taken, all signs point to fabulous people entering your circle. Just take a break from celebrating at month's end, so you can start 2018 strong. **AQUARIUS GUY:** He's down to go out, so use this chance to bond with his BFFs.

PISCES

20.02-20.03

That hustle is about to pay off! Venus moves into your zone of fame and success on the 1st so expect gold stars for your work. Around the 9th, you'll be primed for a well-deserved adventure, overseas or in your own hood. **PISCES GUY:** He's doing well at work too. A confidence boost from you will help him keep it up.

ARIES

21.03-20.04

The Full Moon on the 3rd is prime getaway time. Watch for crossed signals when Mercury retrograde collides with Venus around the 15th. A career break could come at the end of the month, so take your schmooze face out on the party circuit.

ARIES GUY: He needs an escape, so steal him away for snuggles.

TAURUS

21.04-21.05

Money troubles may arise on the 3rd, so pay attention and don't agree to anything you feel iffy on. Your love life will heat up on the 9th, but know what you're looking for. Forget flakes. Your time is better spent meeting men who want to commit.

TAURUS GUY: It's Mr Moody! Give him space — he'll sort it all out.

GEMINI

22.05-21.06

Get your flirt on all month long, but especially on the 3rd. Sparks could fly fast, so be sure you're willing to commit. But don't lose steam at work – your progress could pay off in dollar signs. Add a cha-ching to that cheers! **GEMINI GUY:** He's feeling frisky. If it's not with you, upgrade to a real keeper.

CANCER

22.06-22.07

You'll get props for all your hard work on the 10th. Use the boost to shine outside your safe place. When make-it-happen Mars moves into your zone of true love on the 9th, your love life will sparkle hard.

CANCER GUY: Not even job stuff can distract him from you. A nice dinner may take things next level.

LEO

23.07-23.08

You're bursting with lurve these holidays, and everyone on your Christmukkah list will sing a happy song. Don't let confusion dampen your mood on the 12th, when the Sun collides with Mercury retrograde.

LEO GUY: He's working hard to impress the hell out of you, so show him some after-hours love.

VIRGO

24.08-23.09

Friendship brings you all the good feels, so throw a bash for the whole gang. And don't be worried about any drama. On the 19th, any family tension will lift in time for you to indulge in a decadent home-cooked meal. **VIRGO GUY:** Bae is crazed. Plan a staycation for two, and settle in for a silent night... or not.

LIBRA

24.09-23.10

You have mad social skills, and they'll be on display after the 1st, when your calendar bursts with all the soirees you're invited to. After the 18th, you may decide to dash out of town, but come back in time to mellow out with family. LIBRA GUY: He has a long list of priorities. Remind him that you deserve to be on top.

SCORPIO

24.10-22.11

Time to get shit done. Prioritise your to-do list by the 9th, when your energy kicks into overdrive. Also in excess this month? Dolla bills, y'all! Your wallet woes will subside, making it easier for you to earn (and save).

SCORPIO GUY: He's assertive, so get ready to wrestle between the sheets.

SAGITTARIUS GUY Jake Gyllenhaal

19.12.80 Spontaneity and smarts are both big turn-ons for him. An outdoorsy date with some friendly competition leaves him wanting more.





Do you need a + * RECHARGE: 4

Are you overflowing with energy or overdosing on coffee?

1. Your gym routine includes:

- a. Hitting the sauna for a quick cry. Tears or beads of sweat? They'll never know.
- **b.** Pestering the staff to spritz the towels with rose oil. That weightrack crew seems pretty tense.
- c. A brisk walk on the treadmill - exactly what you need to unwind.

2. What's for dinner?

- a. That last slice of bread (it's only a tad stale) and an IV drip of pinot.
- **b.** Not sure. Your work wife needs to unload at happy hour, so you'll figure something out after.
- c. The latest from your fave gourmet meal service. You don't do dishes.

3. When the weekend comes. **vou use vour** laptop:

- a. All day, every day. You've even started using it as a heating pad for
- period cramps. **b.** When your roomie needs a brunch rec. You're a Zomato wizard.
- **c.** As a coaster. Haters say it's antiquated to stay offline - but guess who still has 20/20 vision, suckers!

4. When was the last time you did nothing for 10 minutes?

- a. Way back in the dinosaur age... you're talking between episodes
- of The Wiggles. **b.** Hard to say... Does being on hold with tech support for Grandma's new
- iPad count? c. This morning! You hacked your computer so it goes into sleep mode every hour on the hour.

5. You can't go to bed without:

- a. First dozing off on the couch, shoes on, hand in Doritos bag, five minutes into trying to catch up on GoT. **b.** Checking in on your friends' Instagram passion projects.
- c. Closing the blinds, locking the door and silencing your phone. Your lair turns into a safe room every night at 10.

THE BREAKDOWN

Mostly As

Current status: system overload. From social obligations to work duties, you are totally spent. And thanks to technology, there's no escape. Get outta town! A wi-fi-free retreat will let you reset so you can handle life's obstacles like a champ.

Mostly Bs **RUNNING ON ALMOST EMPTY**

You're always helping people find Zen but routinely ignoring vourself. Put others' problems on hold and evaluate your wellbeing. Some me-time will reveal that you've been neglecting your own issues. Tackle those and you'll be an even better friend.

Mostly Cs FULL OF LIFI

You're so plugged in to your limits that you never overexert yourself. That's good! Use that vitality to make the most of every single opportunity. Invest all your extra energy in a specific area of your life (your relationship, your job, your side hustle), and don't forget to keep planning time to chillax.

COSMOPOLITAN MY BIKINI

A TRIP TO LOS ANGELES FOR YOU AND A FRIEND!

Rip Curl and *Cosmopolitan* invite you to celebrate their partnership by taking you and your BFF on a trip to LA, where we shot this month's sun-drenched fashion shoot...

YOU AND YOUR BEST FRIEND COULD WIN FIVE NIGHTS IN LA FOR THE ULTIMATE SURFING TRIP.



CONDITIONS APPLY, SEE COSMOPOLITAN.COM.AU/WIN/WIN-A-TRIP-TO-LA-24049. OPEN TO AUSTRALIAN RESIDENTS 16+. MUST BE ELIGIBLE TO TRAVEL TO US IF DRAWN AS A WINNER. STARTS: 28/9/17. ENDS: 11:59PM AEDST 12/11/17. LIMIT 1 ENTRY PER PERSON. DRAW: 11AM AEDST ON 13/11/17 AT B8, 658 CHURCH ST RICHMOND, 3121, VIC. WINNER ANNOUNCED AT COSMOPOLITAN.COM.AU/WIN/WIN-A-TRIP-TO-LA-24049 FROM 17/11/17, PIEC: X TRIP FOR 2 TO LA, USA VALUED AT UP TO AU\$10X DEPENDING ON DATE/DEPARTURE. PROMOTER: BAUER MEDIA PTY LTD (ABN 18 053 273 546) OF 54 – 58 PARK ST, SYDNEY, NSW 2000. PERMITS: NSW PERMIT NO. LTPS/17/17424 ACT PERMIT NO. TP17/01736 SA PERMIT NO. T17/1631

